

# Report card

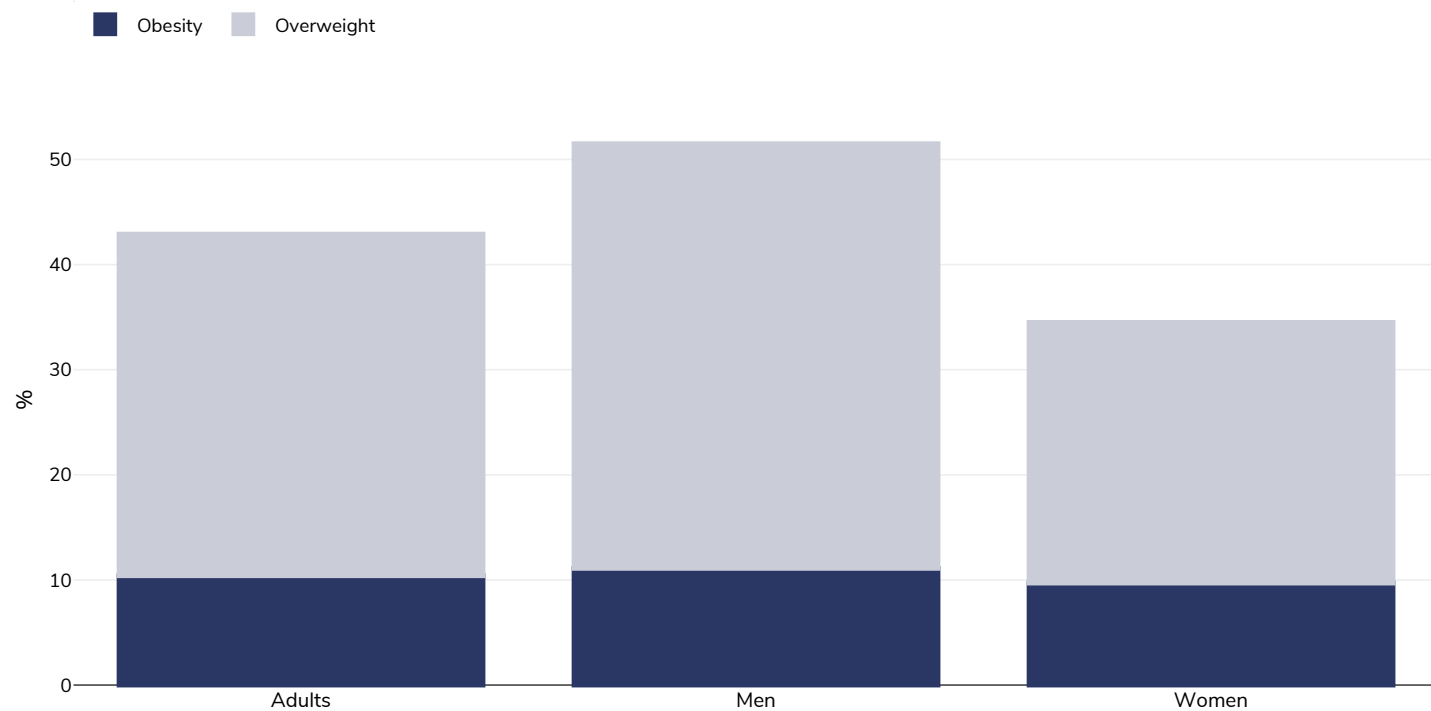
## Italy



| Contents   | Page |
|--|------|
| Obesity prevalence   | 2    |
| Trend: % Adults living with overweight or obesity, 2000-2021   | 4    |
| Trend: % Children living with obesity, 2007-2020               | 6    |
| Trend: % Children living with obesity, 2007-2019               | 8    |
| Trend: % Adults living with obesity, 2000-2019                 | 9    |
| Overweight/obesity by age and education                        | 11   |
| Overweight/obesity by education                                | 14   |
| Overweight/obesity by age                                      | 17   |
| Overweight/obesity by region                                   | 19   |
| Overweight/obesity by age and region                           | 21   |
| Overweight/obesity by age and socio-economic group             | 23   |
| Overweight/obesity by socio-economic group                     | 26   |
| Overweight/obesity by ethnicity                                | 29   |
| Overweight/obesity by age and limited activity                 | 32   |
| Insufficient physical activity                                 | 35   |
| Sugar consumption  | 41   |
| Estimated per capita sugar sweetened beverages intake          | 42   |
| Prevalence of at least daily carbonated soft drink consumption | 43   |
| Prevalence of confectionery consumption                        | 44   |
| Prevalence of sweet/savoury snack consumption                  | 45   |
| Estimated per capita fruit intake                              | 46   |
| Prevalence of less than daily fruit consumption                | 47   |
| Prevalence of less than daily vegetable consumption            | 48   |
| Estimated per-capita processed meat intake                     | 49   |
| Estimated per capita whole grains intake                       | 50   |
| Mental health - depression disorders                           | 51   |
| Mental health - anxiety disorders                              | 52   |
| Oesophageal cancer   | 53   |
| Breast cancer  | 55   |
| Colorectal cancer  | 56   |
| Pancreatic cancer  | 58   |
| Gallbladder cancer   | 60   |
| Kidney cancer  | 62   |
| Cancer of the uterus   | 64   |
| Raised blood pressure  | 65   |
| Raised cholesterol   | 68   |
| Raised fasting blood glucose                                   | 71   |
| Diabetes prevalence  | 73   |
| Contextual factors   | 74   |

## Obesity prevalence

### Adults, 2020-2021



Survey type: Self-reported

Age: 18-69

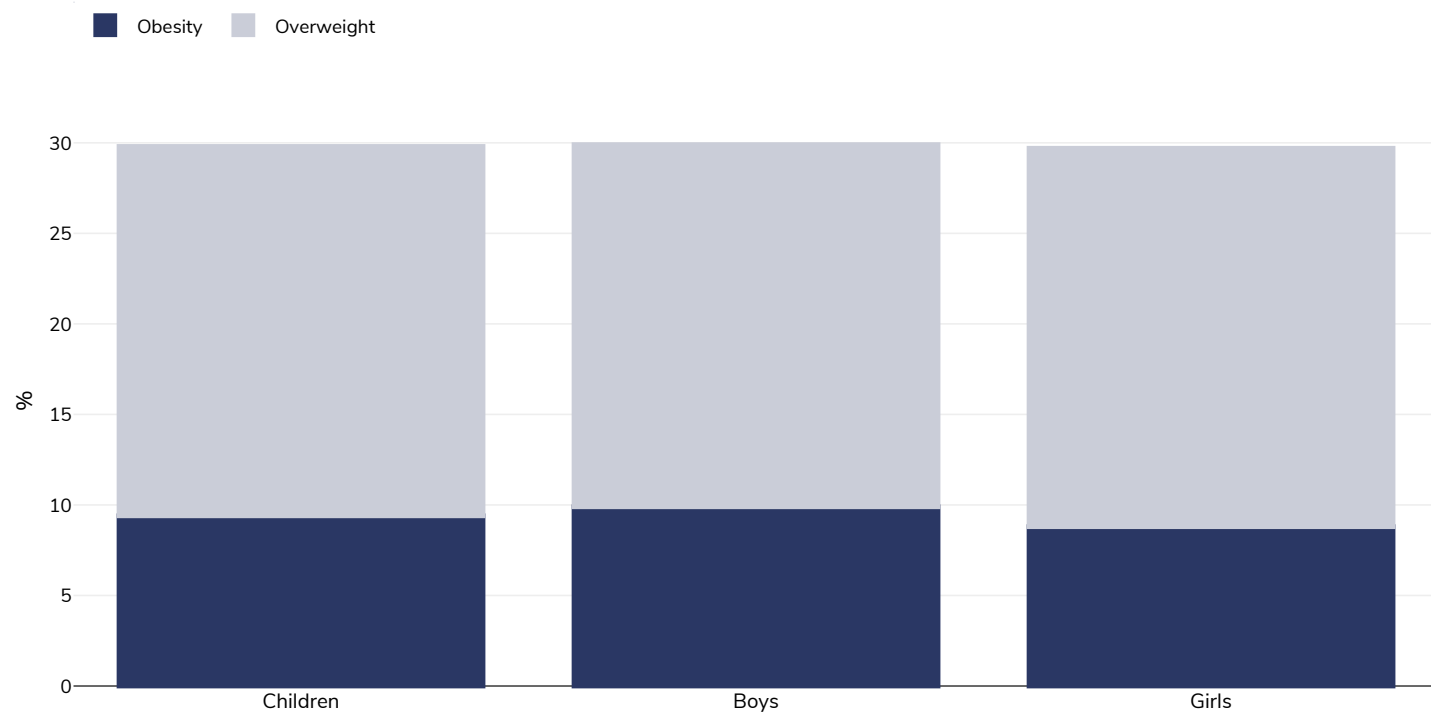
Sample size: 38126

Area covered: National

References: PASSI 2020-2021. Available at <https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1> (last accessed on 22.03.23)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

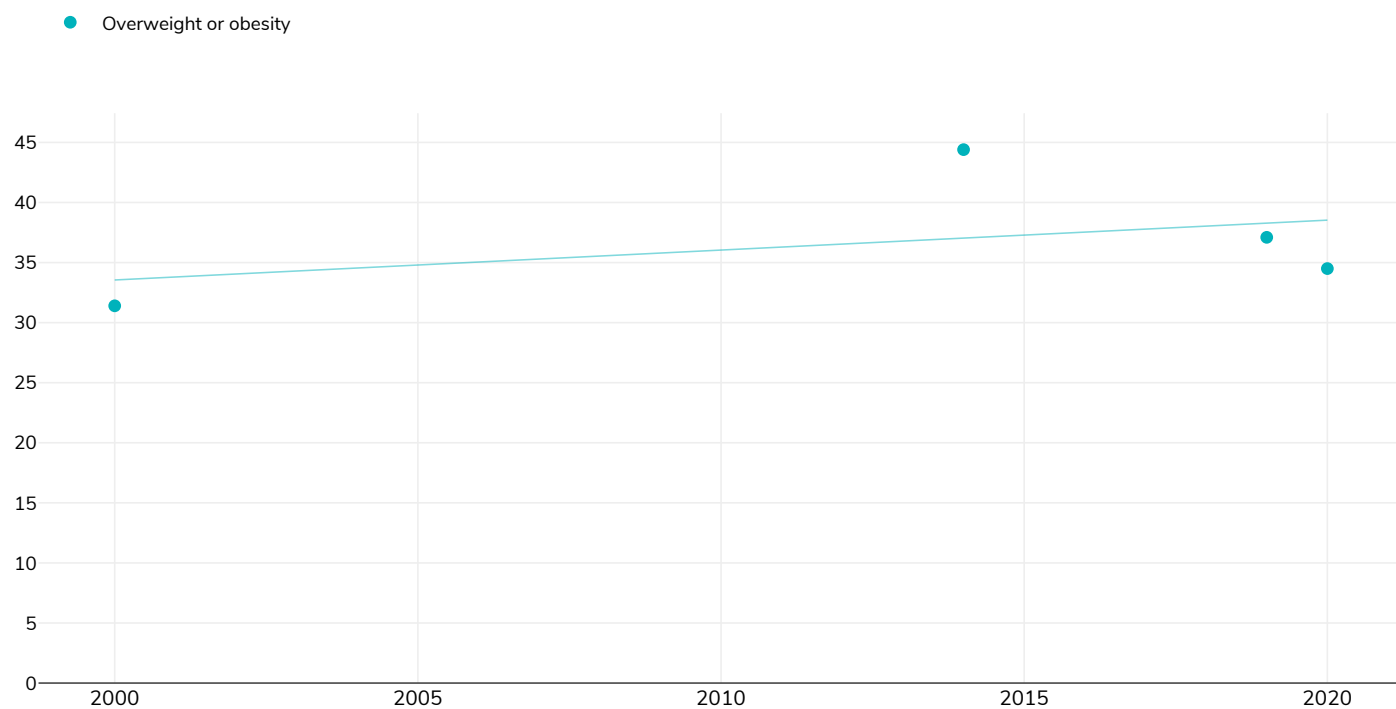
## Children, 2019



|               |  |
|---------------|--|
| Survey type:  | Measured   |
| Age:          | 8-9  |
| Sample size:  | 53273  |
| Area covered: | National   |
| References:   | OKkio alla SALUTE 2019. <a href="https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati">https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati</a> (Last accessed 10.12.2020) |
| Cutoffs:      | IOTF   |

## % Adults living with overweight or obesity, 2000-2021

### Women



Survey type:

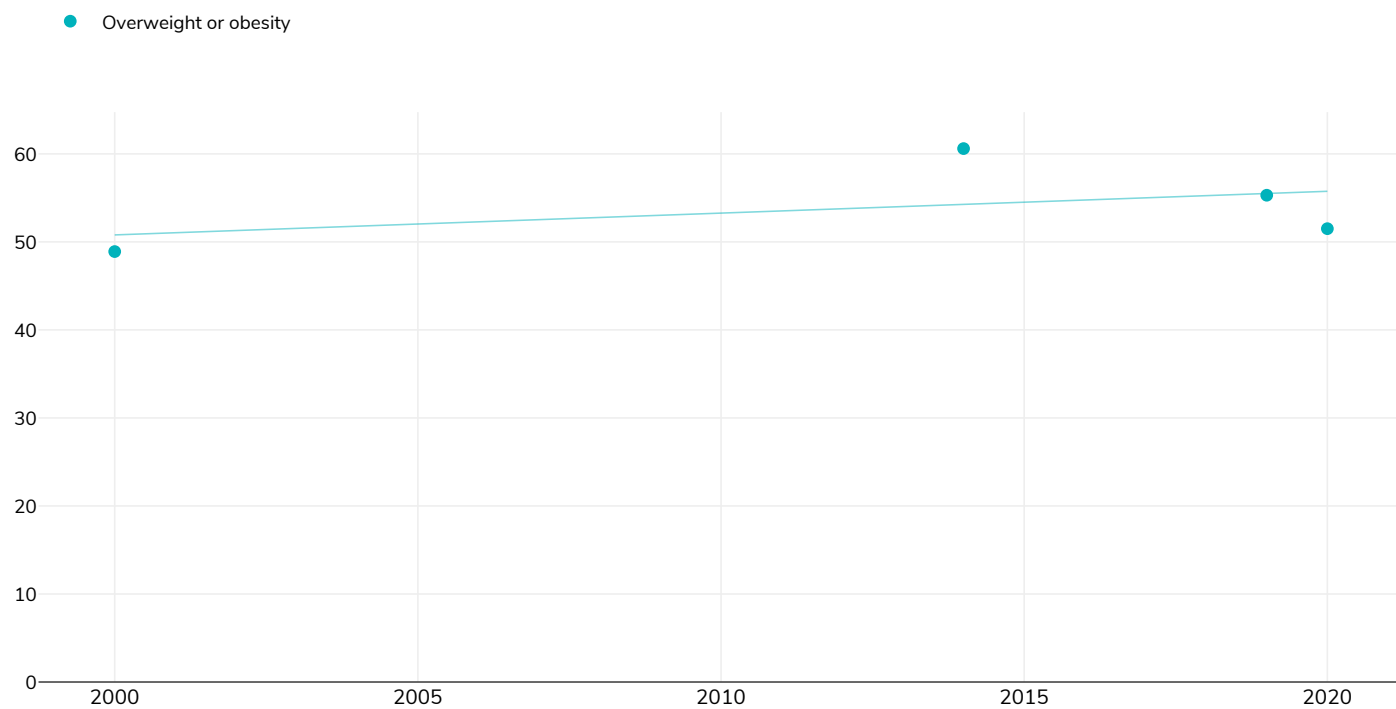
Self-reported

References:

For full details of references visit <https://data.worldobesity.org/>

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Men



Survey type:

Self-reported

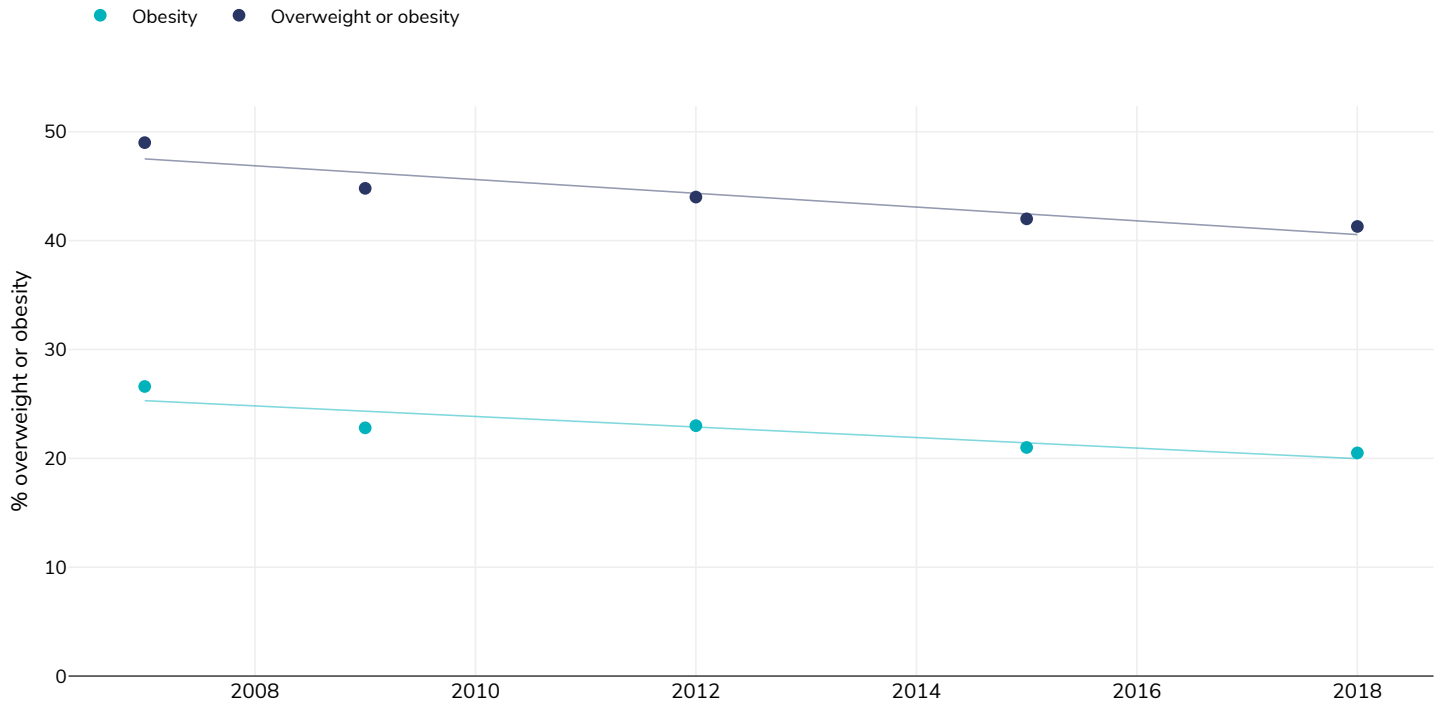
References:

For full details of references visit <https://data.worldobesity.org/>

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## % Children living with obesity, 2007-2020

### Boys



Survey type: Measured

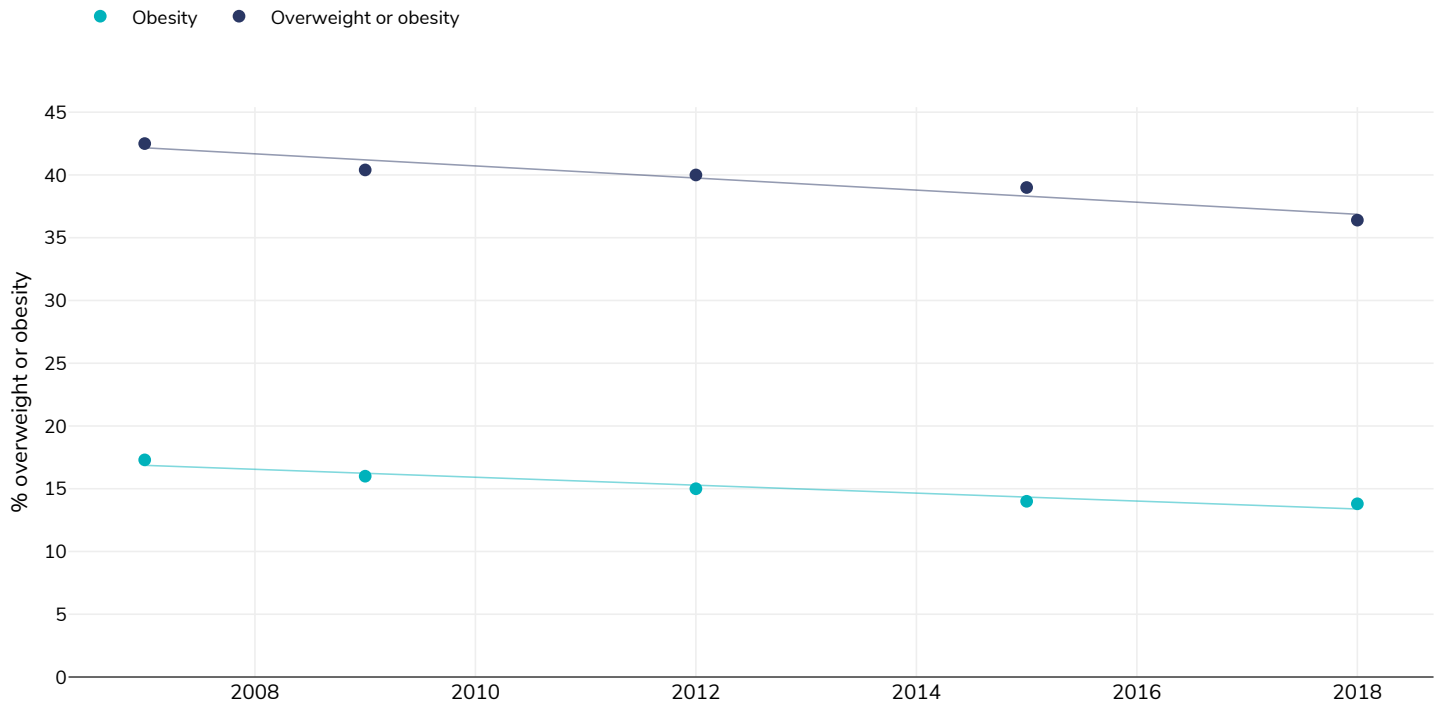
References: For full details of references visit <https://data.worldobesity.org/>

Definitions: WHO 2007

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Girls



Survey type: Measured

References: For full details of references visit <https://data.worldobesity.org/>

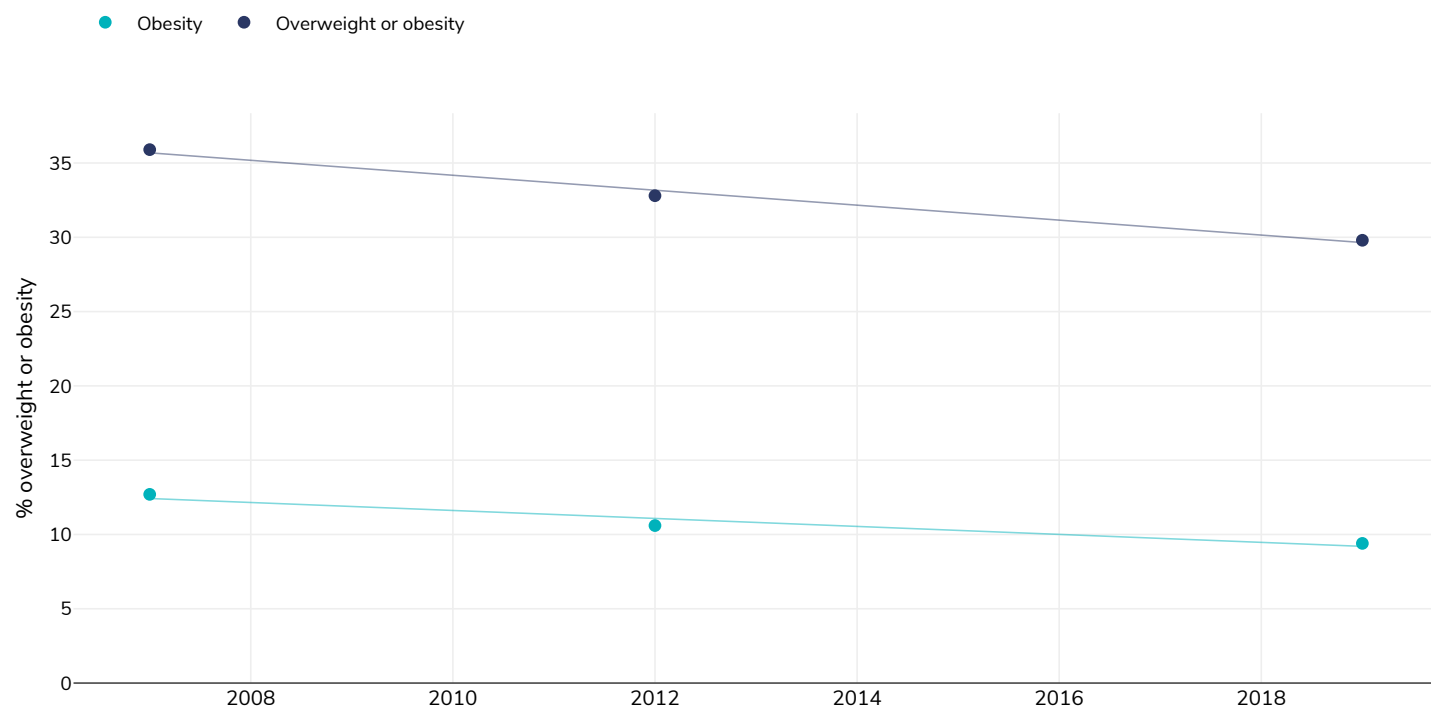
Definitions: WHO 2007

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## % Children living with obesity, 2007-2019

### Boys and girls



Survey type:

Measured

References:

- 2007: Wijnhoven, T. M. A., van Raaij, J. M. A., Spinelli, A., Rito, A. I., Hovengen, R., Kunesova, M., Starc, G., Rutter, H., Sjöberg, A., Petrauskiene, A., O'Dwyer, U., Petrova, S., Farrugia Sant'Angelo, V., Wauters, M., Yngve, A., Rubana, I.-M. and Breda, J. (2012), WHO European Childhood Obesity Surveillance Initiative 2008: weight, height and body mass index in 6–9-year-old children. *Pediatric Obesity*. doi: 10.1111/j.2047-6310.2012.00090.x
- 2012: COSI 2012. <https://www.epicentro.iss.it/okkioallasalute/IndagineNazionale2012> (Last accessed 10.12.2020)
- 2019: OKkio alla SALUTE 2019. <https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati> (Last accessed 10.12.2020)

Definitions:

IOTF

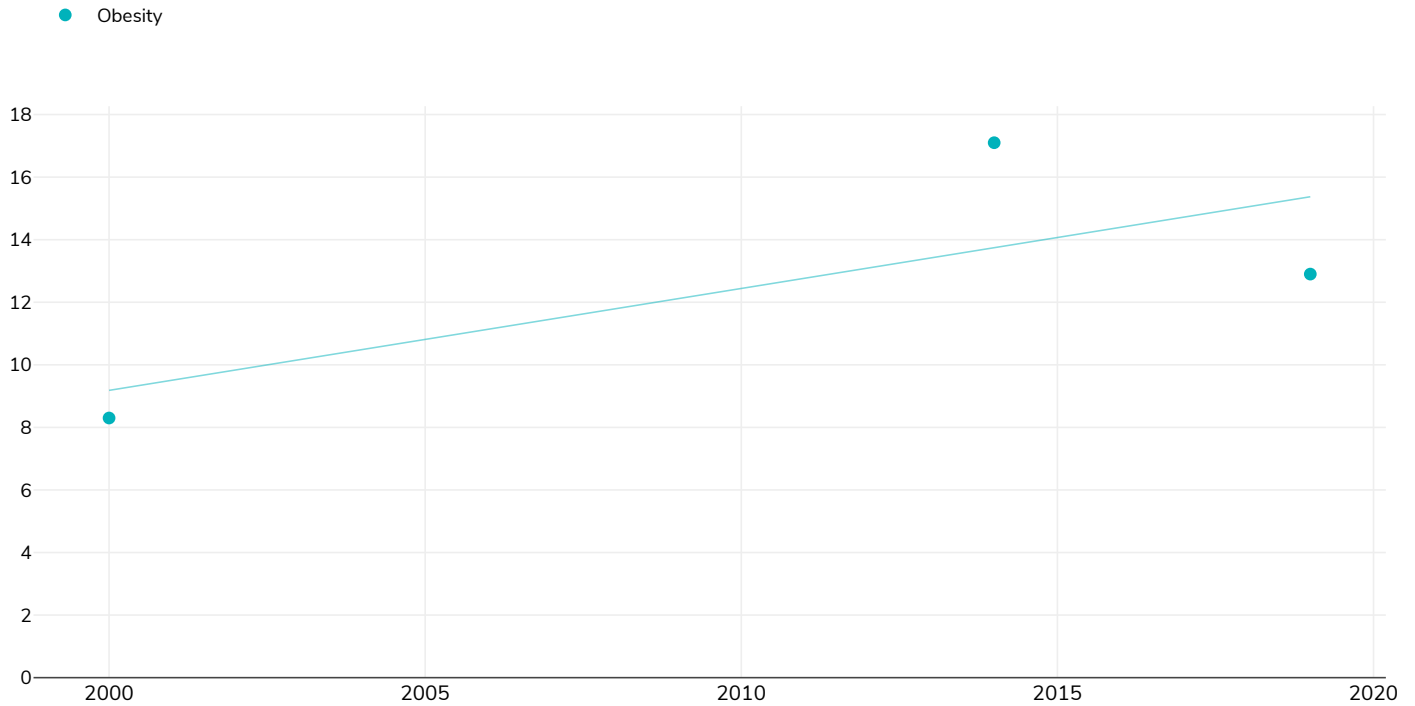
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.



## % Adults living with obesity, 2000-2019

### Men



Survey type:

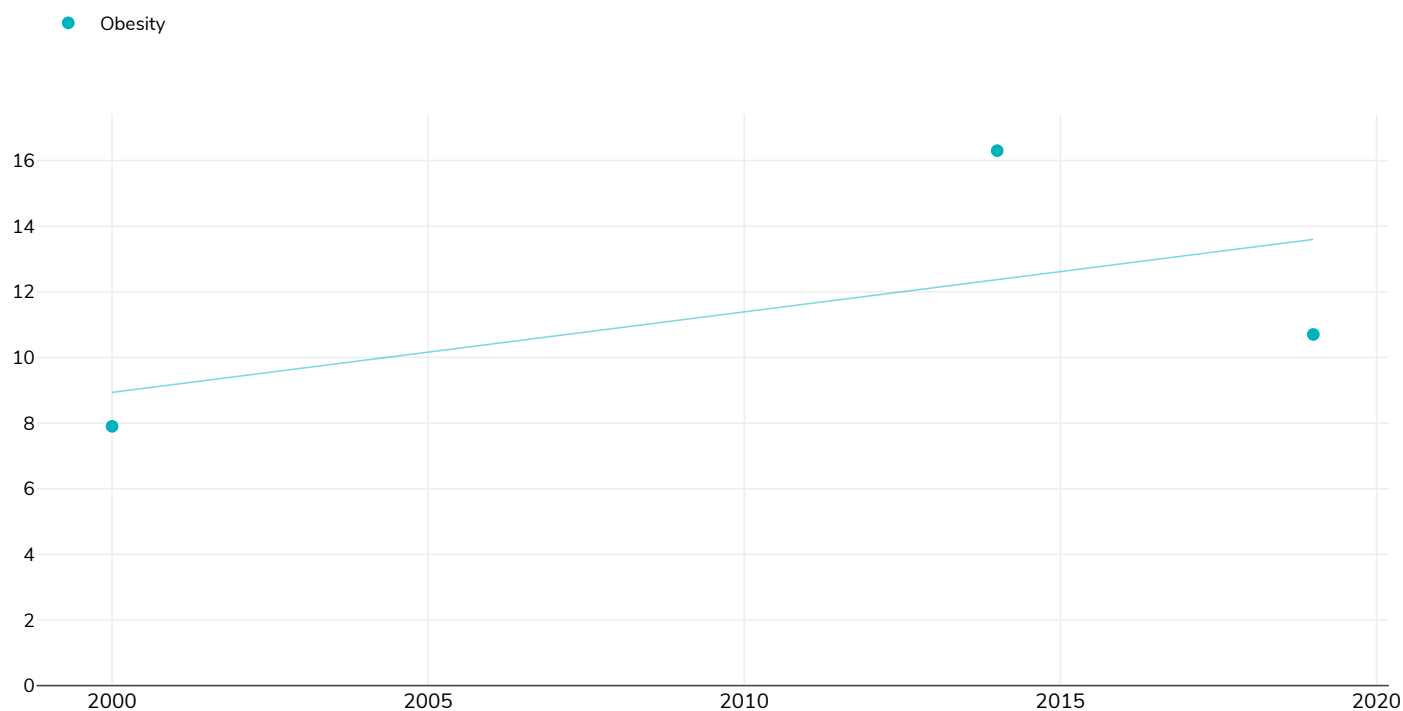
Self-reported

References:

- 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at <https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)
- 2014: Eurostat database [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 25.08.20)
- 2019: Eurostat 2019. Data available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

## Women



Survey type:

Self-reported

References:

2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at

<https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000> (last accessed 04.11.21)

2014: Eurostat database [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 25.08.20)

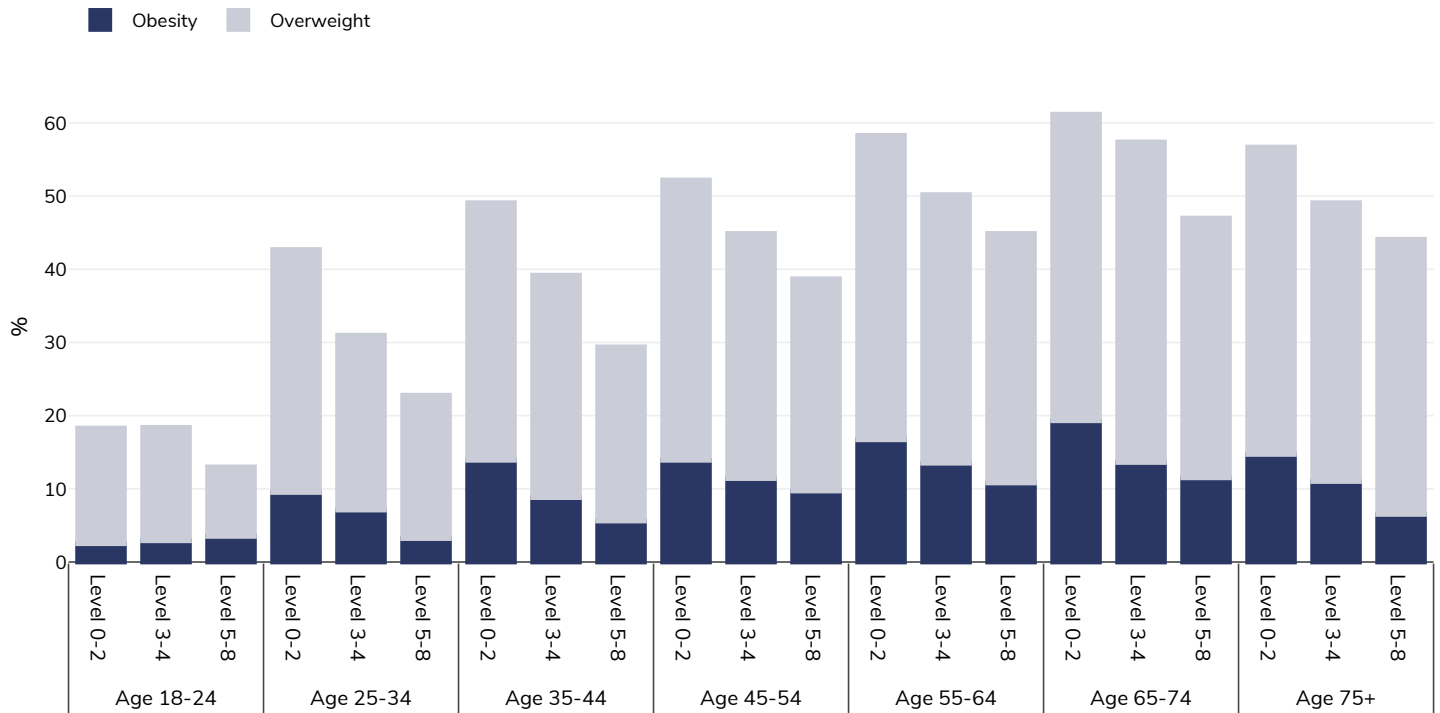
2019: Eurostat 2019. Data available at

[https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en) (last accessed 09.08.21)

*Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.*

## Overweight/obesity by age and education

### Adults, 2019



Survey type:

Self-reported

Area covered:

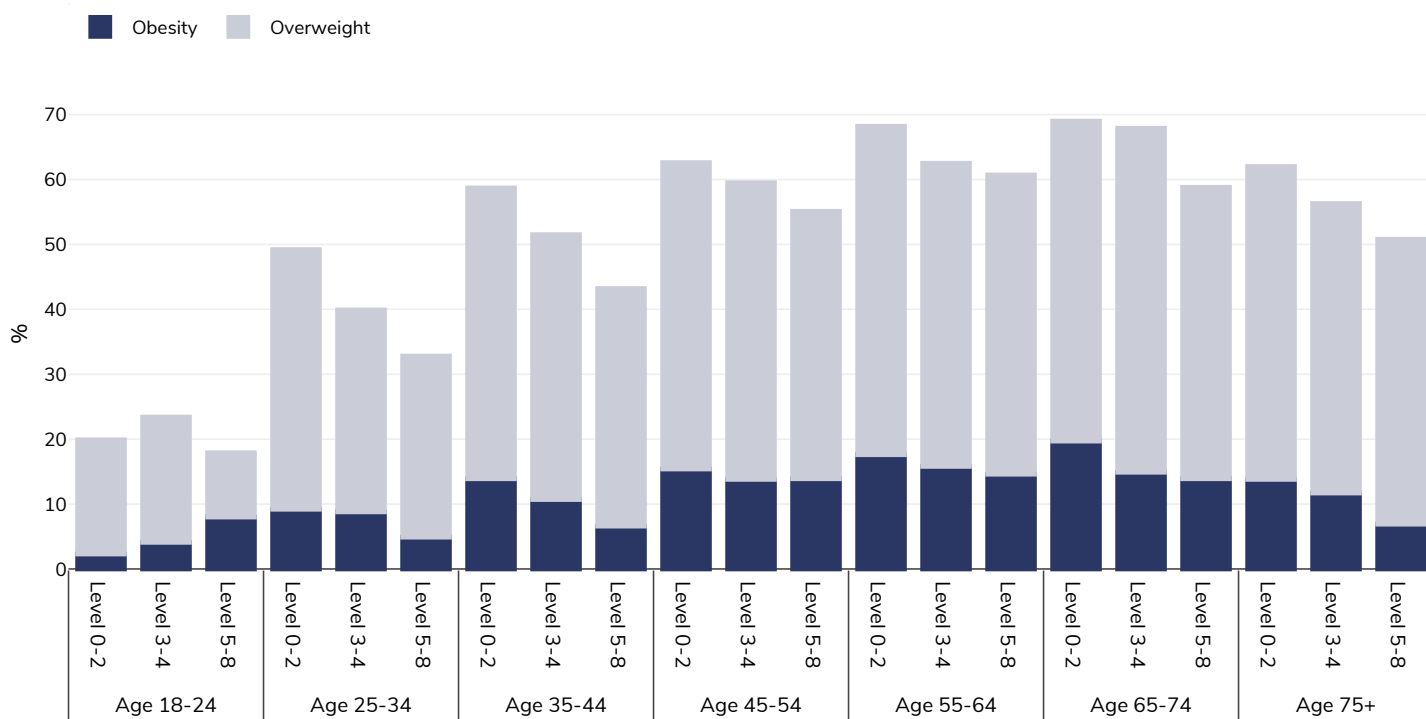
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Men, 2019



Survey type:

Self-reported

Area covered:

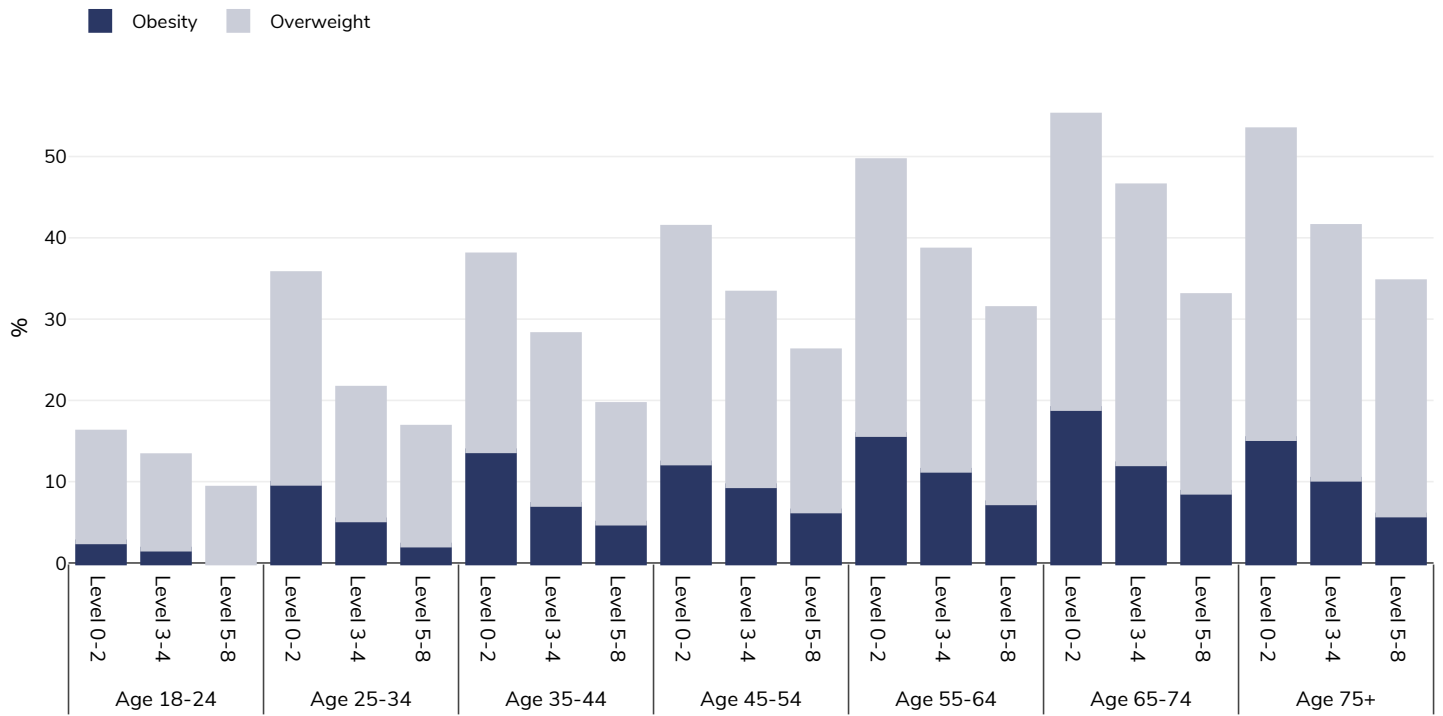
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2019



Survey type:

Self-reported

Area covered:

National

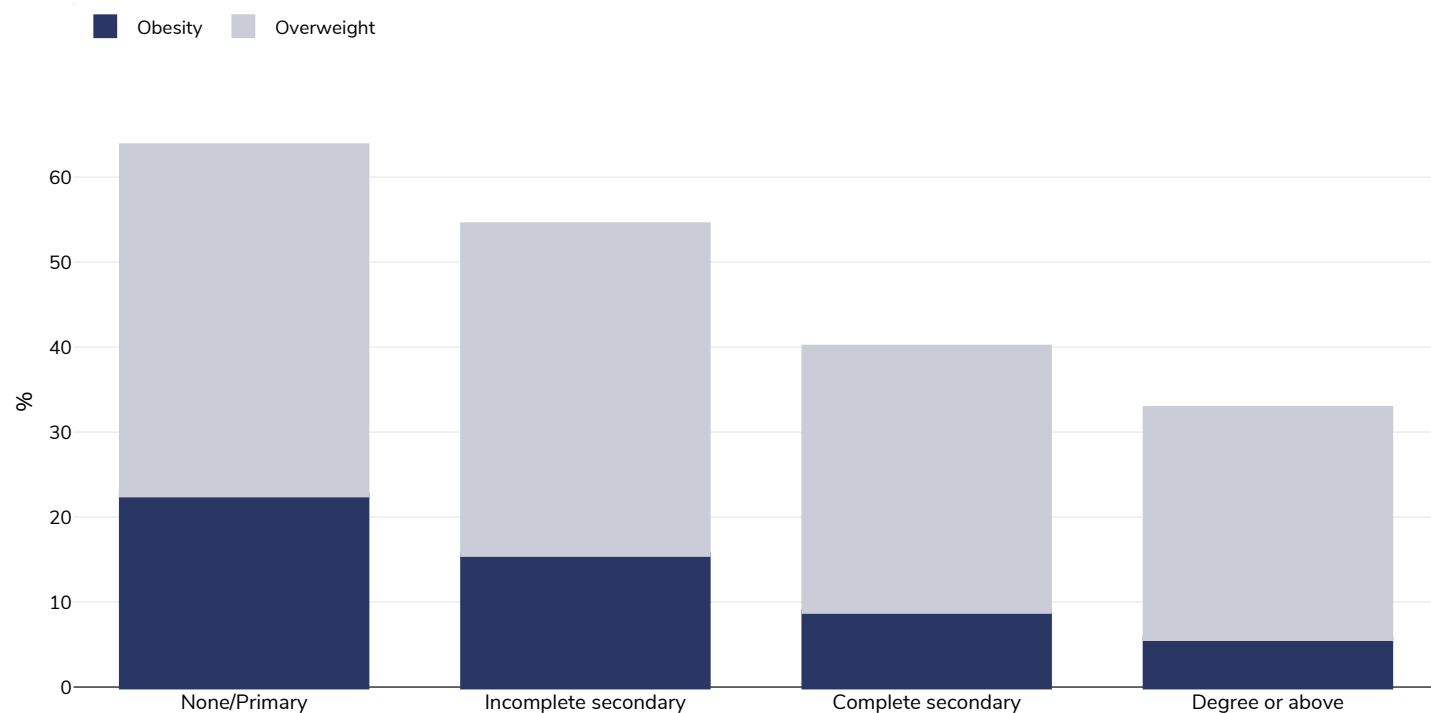
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th\\_ehis\\_bm1e&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=h1th_ehis_bm1e&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by education

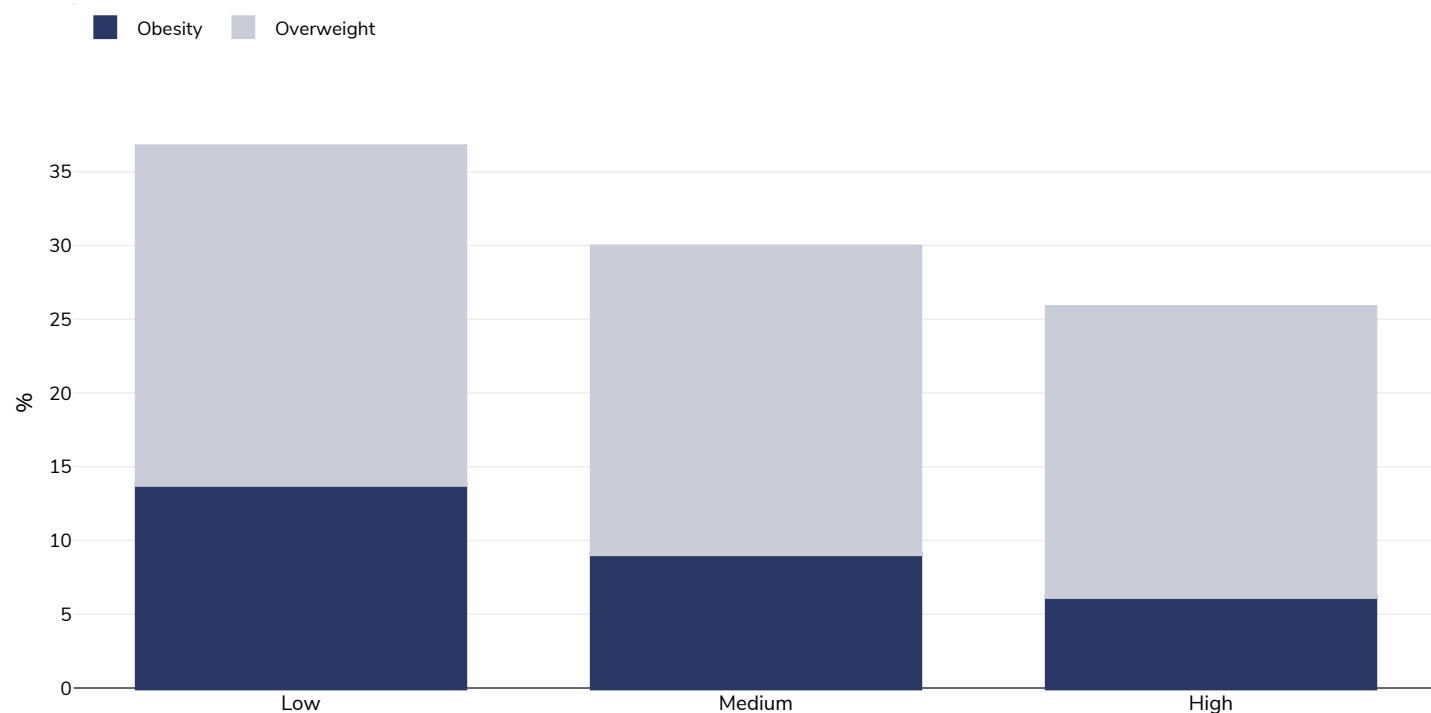
### Adults, 2020-2021



|               |   |
|---------------|---|
| Survey type:  | Self-reported   |
| Age:          | 18-69   |
| Sample size:  | 38126   |
| Area covered: | National  |
| References:   | PASSI 2020-2021. Available at <a href="https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1">https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1</a> (last accessed on 22.03.23) |

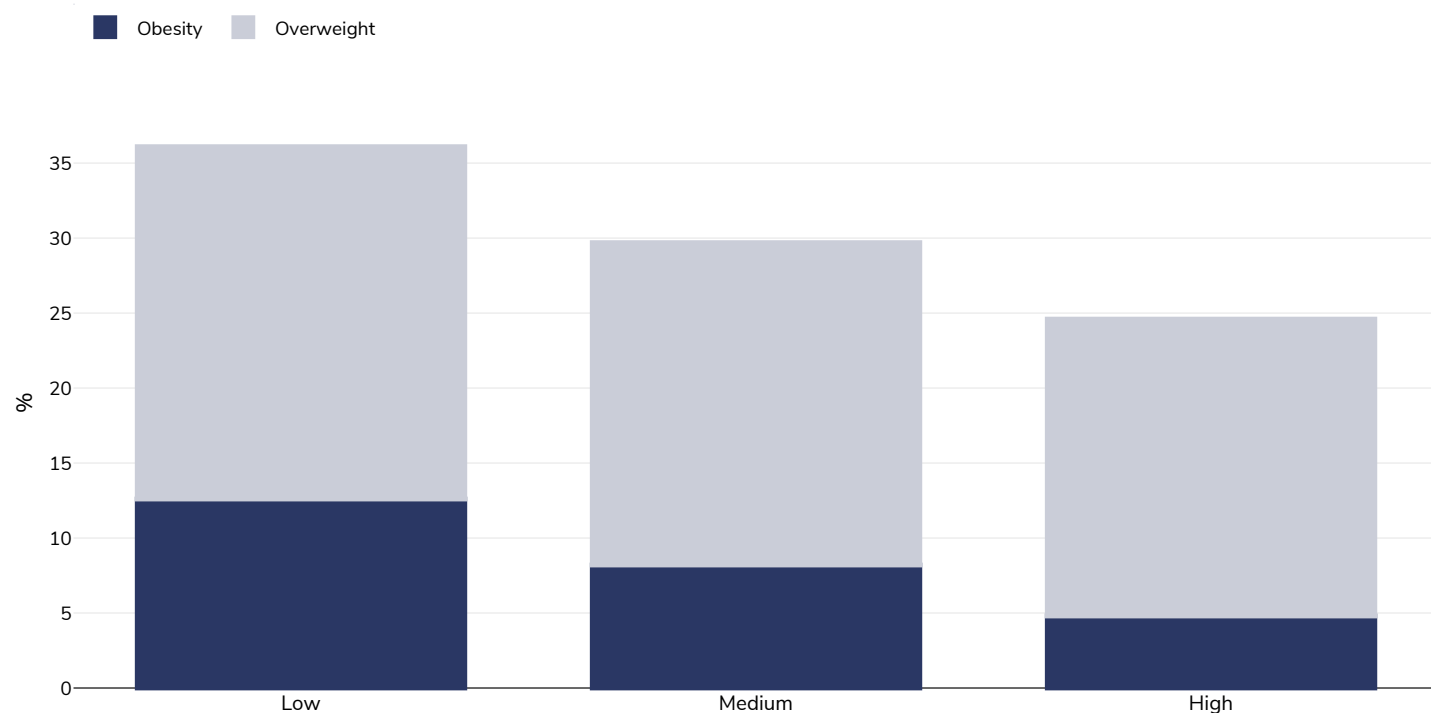
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Boys, 2016



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 8-9   |
| Sample size:  | 48,900  |
| Area covered: | National  |
| References:   | Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: <a href="https://link.springer.com/article/10.1186/s12889-019-6946-3">https://link.springer.com/article/10.1186/s12889-019-6946-3</a> . Accessed 13 May 2021. |
| Notes:        | OKkio alla SALUTE 2016 data.  |
| Definitions:  | Based on Mother's educational attainment level.   |
| Cutoffs:      | WOF-IOTF  |

## Girls, 2016

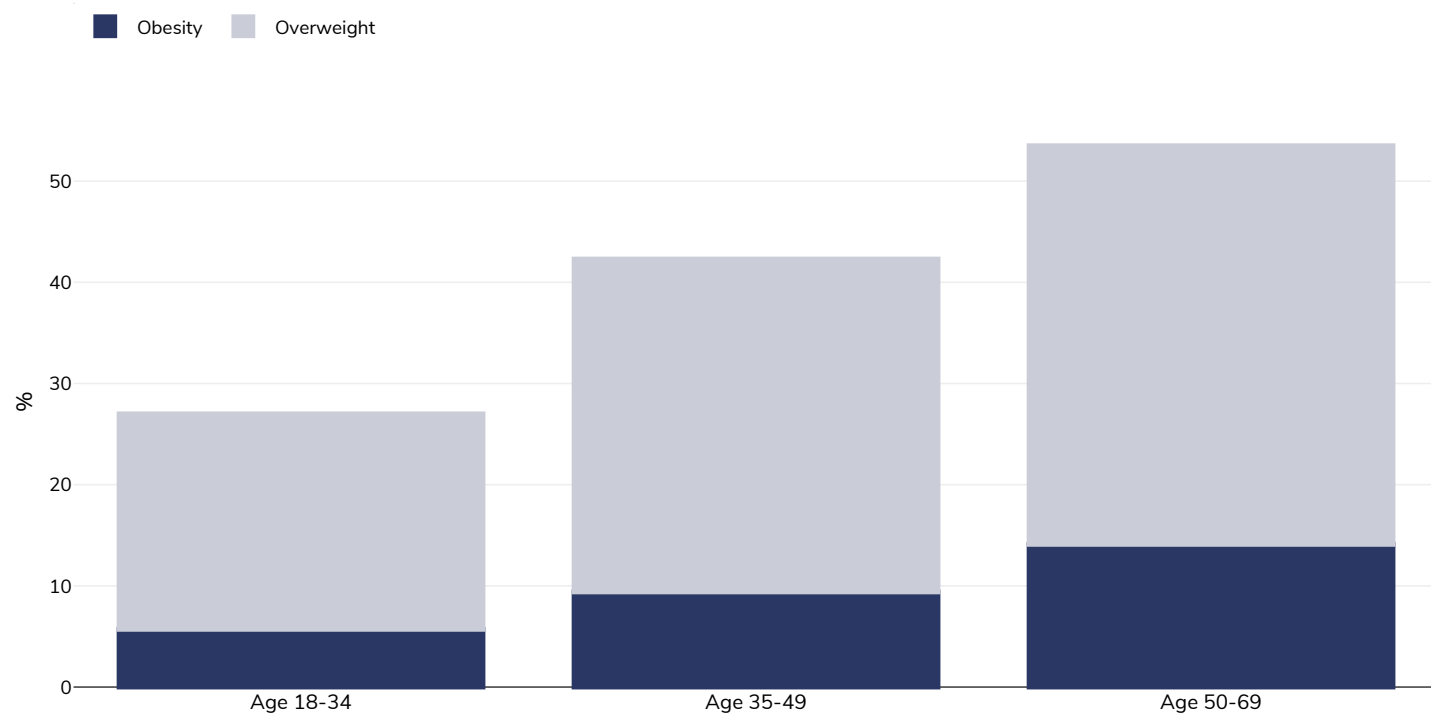


|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 8-9   |
| Sample size:  | 48,900  |
| Area covered: | National  |
| References:   | Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: <a href="https://link.springer.com/article/10.1186/s12889-019-6946-3">https://link.springer.com/article/10.1186/s12889-019-6946-3</a> . Accessed 13 May 2021. |
| Notes:        | OKkio alla SALUTE 2016 data.  |
| Definitions:  | Based on Mother's educational attainment level.   |
| Cutoffs:      | WOF-IOTF  |



## Overweight/obesity by age

### Adults, 2020-2021



Survey type: Self-reported

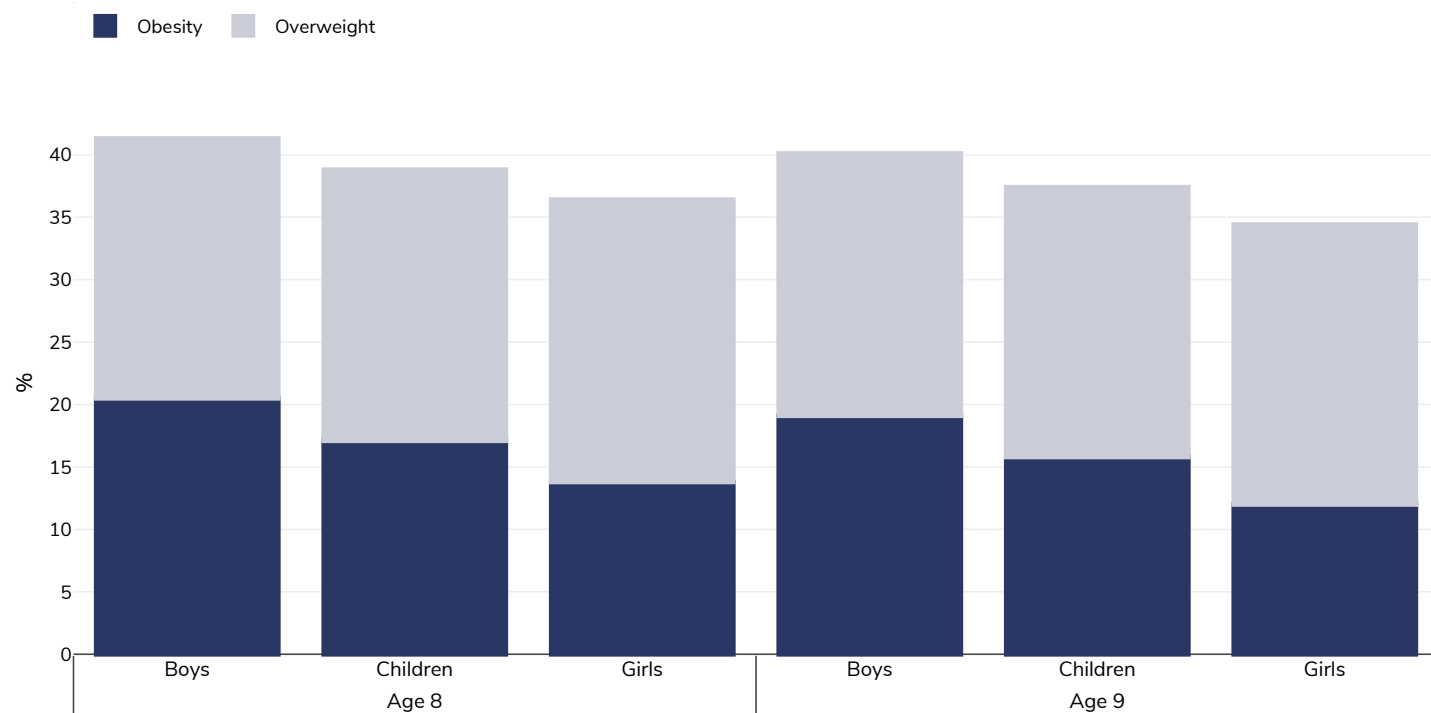
Sample size: 38126

Area covered: National

References: PASSI 2020-2021. Available at <https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1> (last accessed on 22.03.23)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

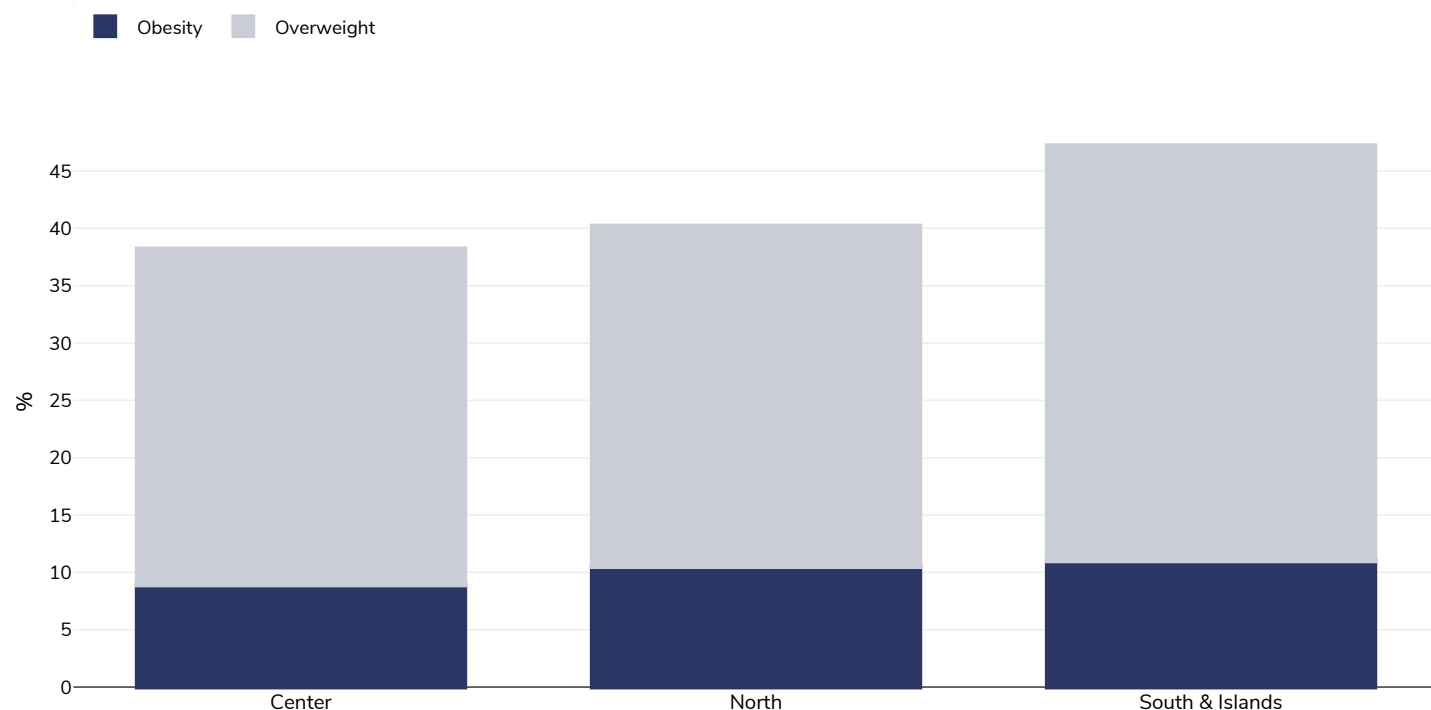
## Children, 2018-2020



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Sample size:  | 45900   |
| Area covered: | National  |
| References:   | Report on the fifth round of data collection, 2018–2020: WHO European Childhood Obesity Surveillance Initiative (COSI). Copenhagen: WHO Regional Office for Europe; 2022. Licence: CC BY-NC-SA 3.0 IGO. |
| Cutoffs:      | WHO 2007  |

## Overweight/obesity by region

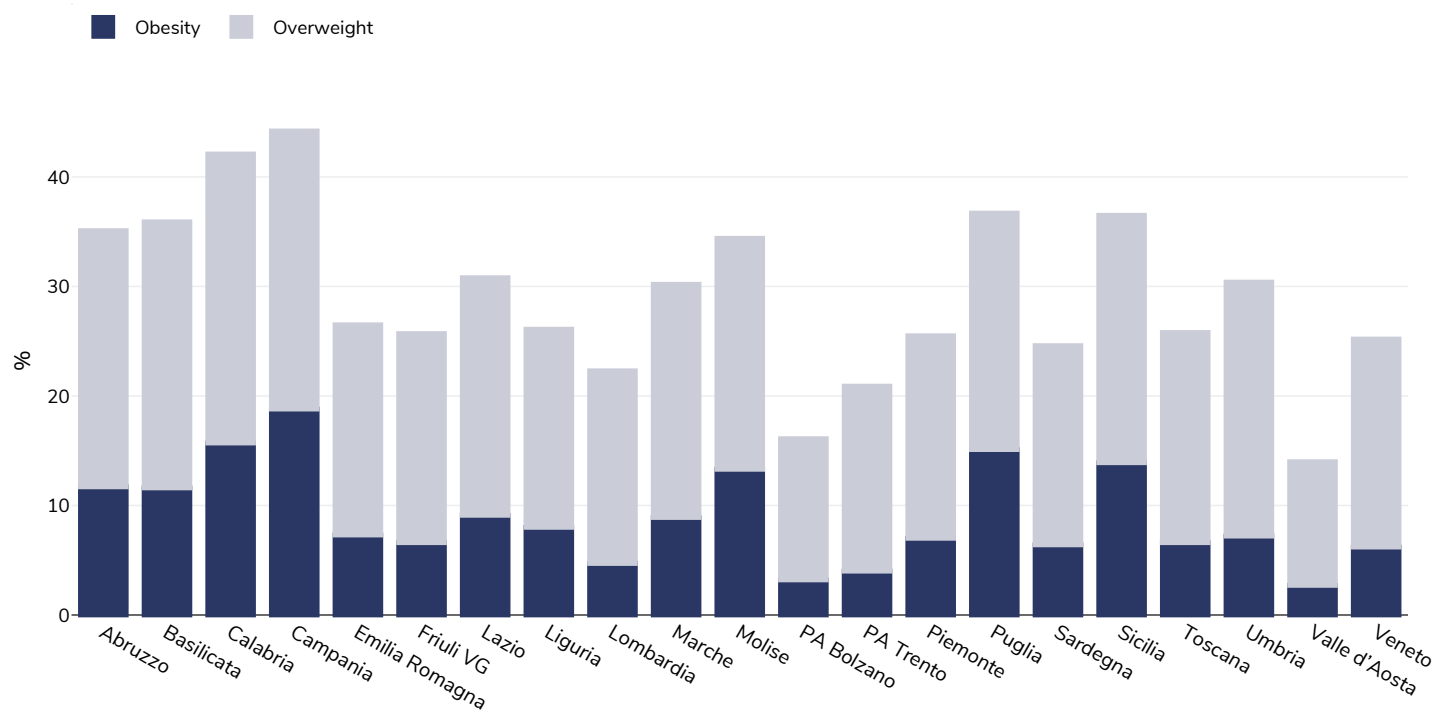
### Adults, 2020-2021



|               |   |
|---------------|---|
| Survey type:  | Self-reported   |
| Age:          | 18-69   |
| Sample size:  | 38126   |
| Area covered: | National  |
| References:   | PASSI 2020-2021. Available at <a href="https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1">https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1</a> (last accessed on 22.03.23) |

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

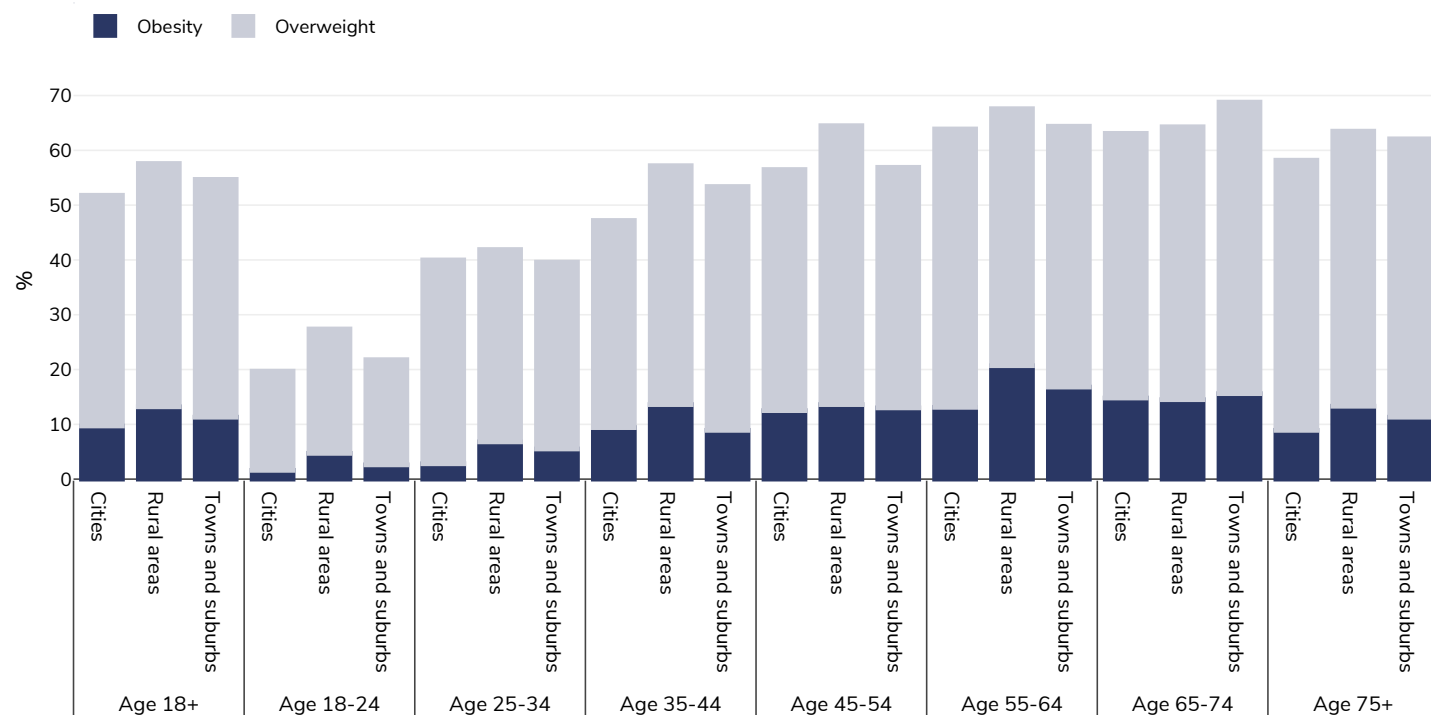
## Children, 2019



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 8-9   |
| Sample size:  | 53,273  |
| Area covered: | National  |
| References:   | COSI 2019. Available at: <a href="https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati">https://www.epicentro.iss.it/okkioallasalute/indagine-2019-dati</a> . Last accessed: 13.05.21. |
| Cutoffs:      | IOTF  |

## Overweight/obesity by age and region

### Men, 2014



Survey type:

Self-reported

Area covered:

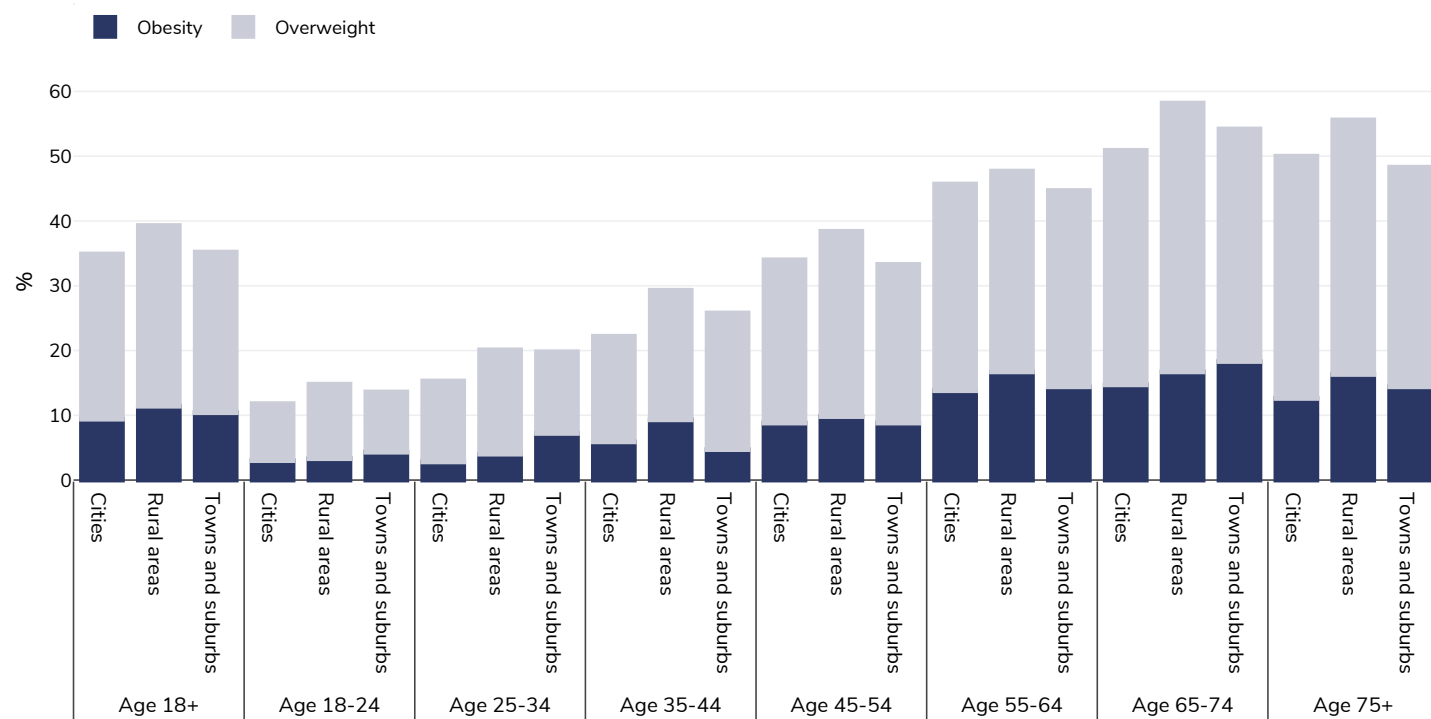
National

References:

Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last acces

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



Survey type:

Self-reported

Area covered:

National

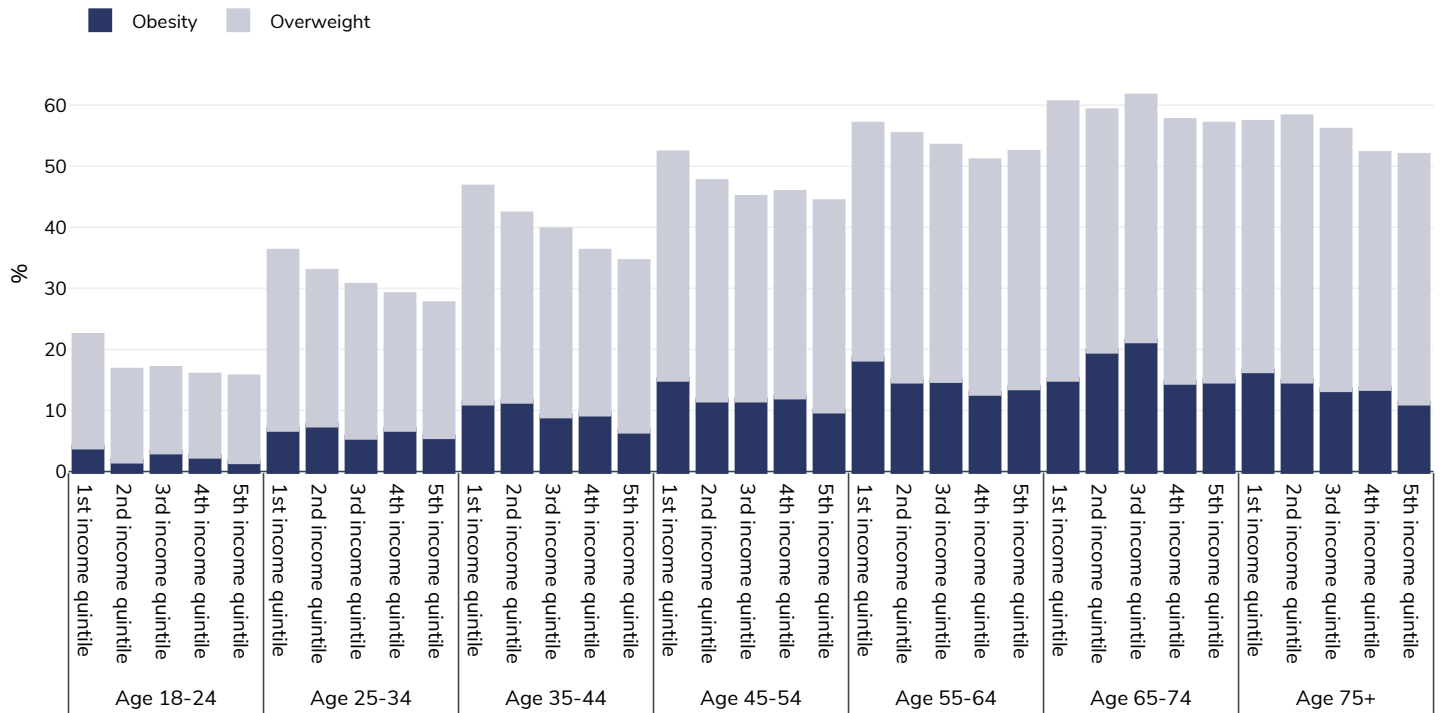
References:

Eurostat [http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1u&lang=en](http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en) (last access)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by age and socio-economic group

### Adults, 2019



Survey type:

Self-reported

Area covered:

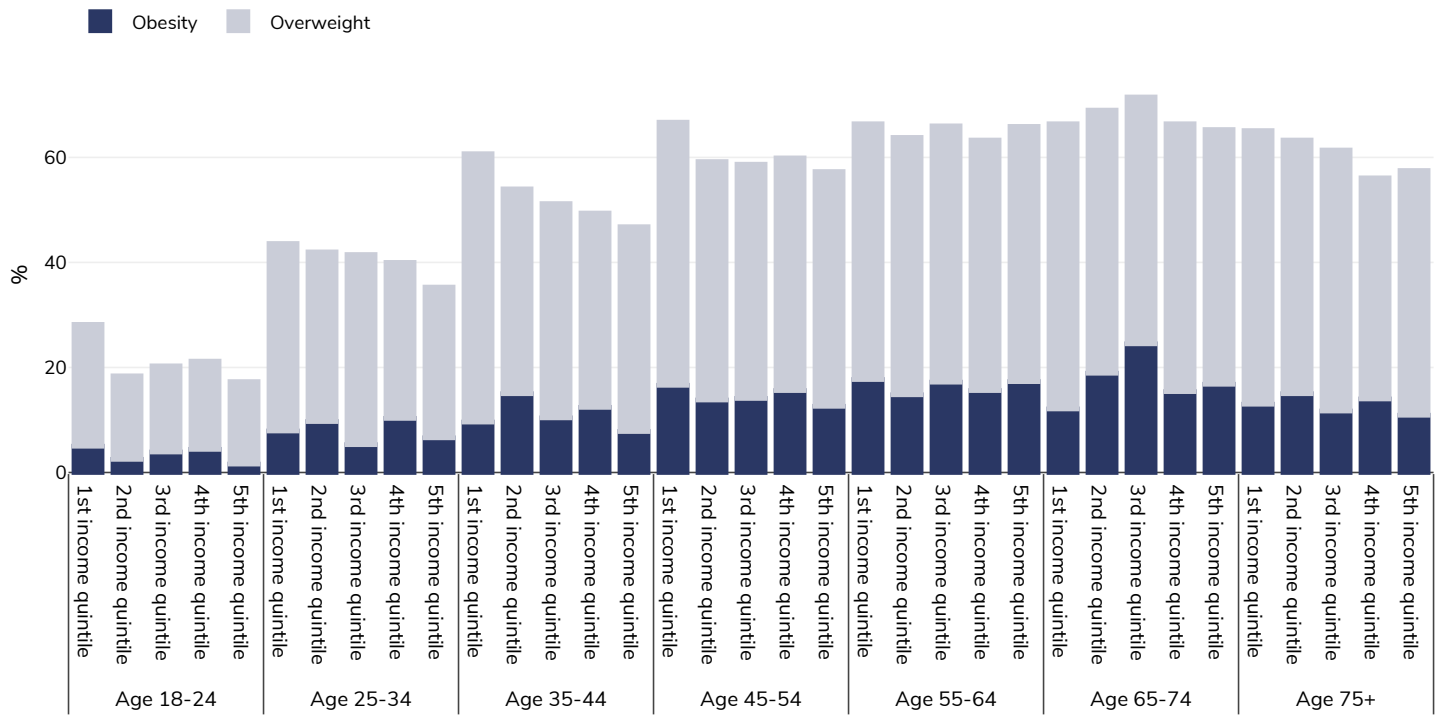
National

References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Men, 2019



Survey type:

Self-reported

Area covered:

National

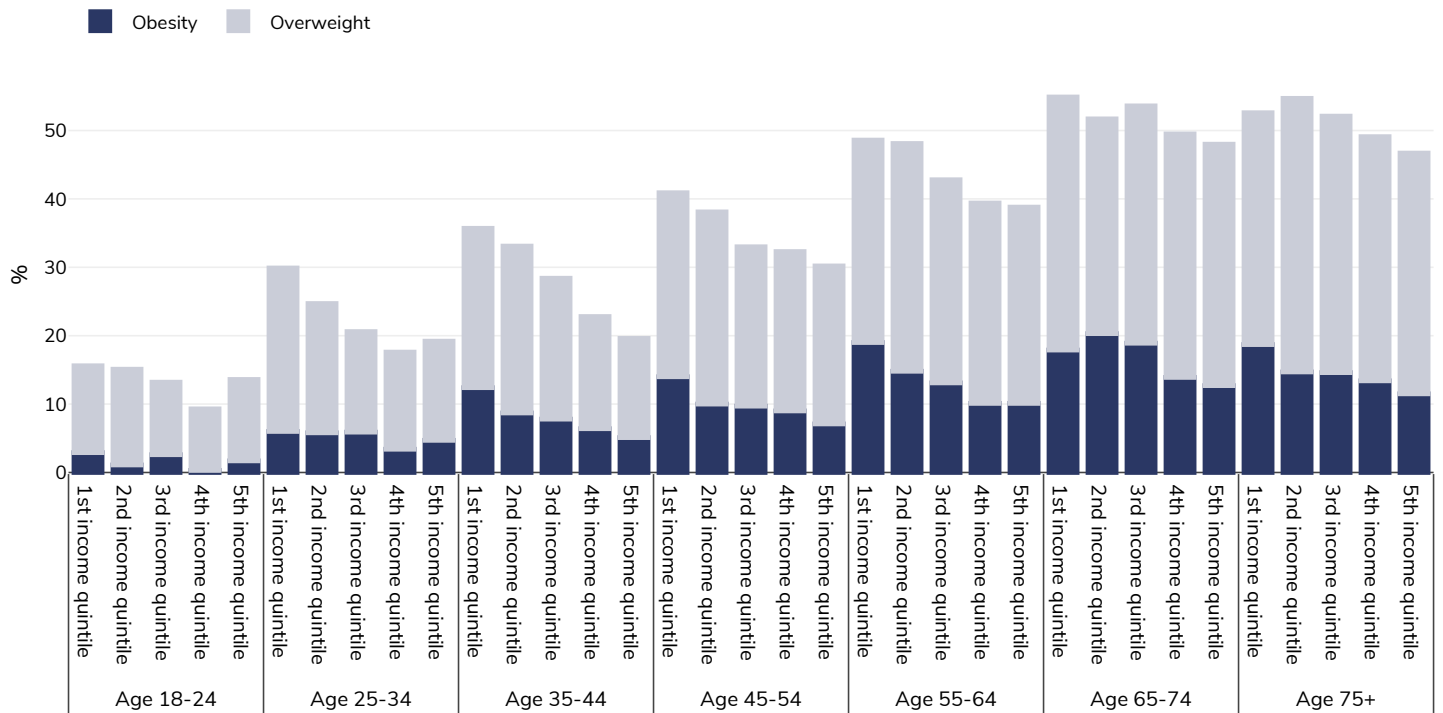
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## Women, 2019



Survey type:

Self-reported

Area covered:

National

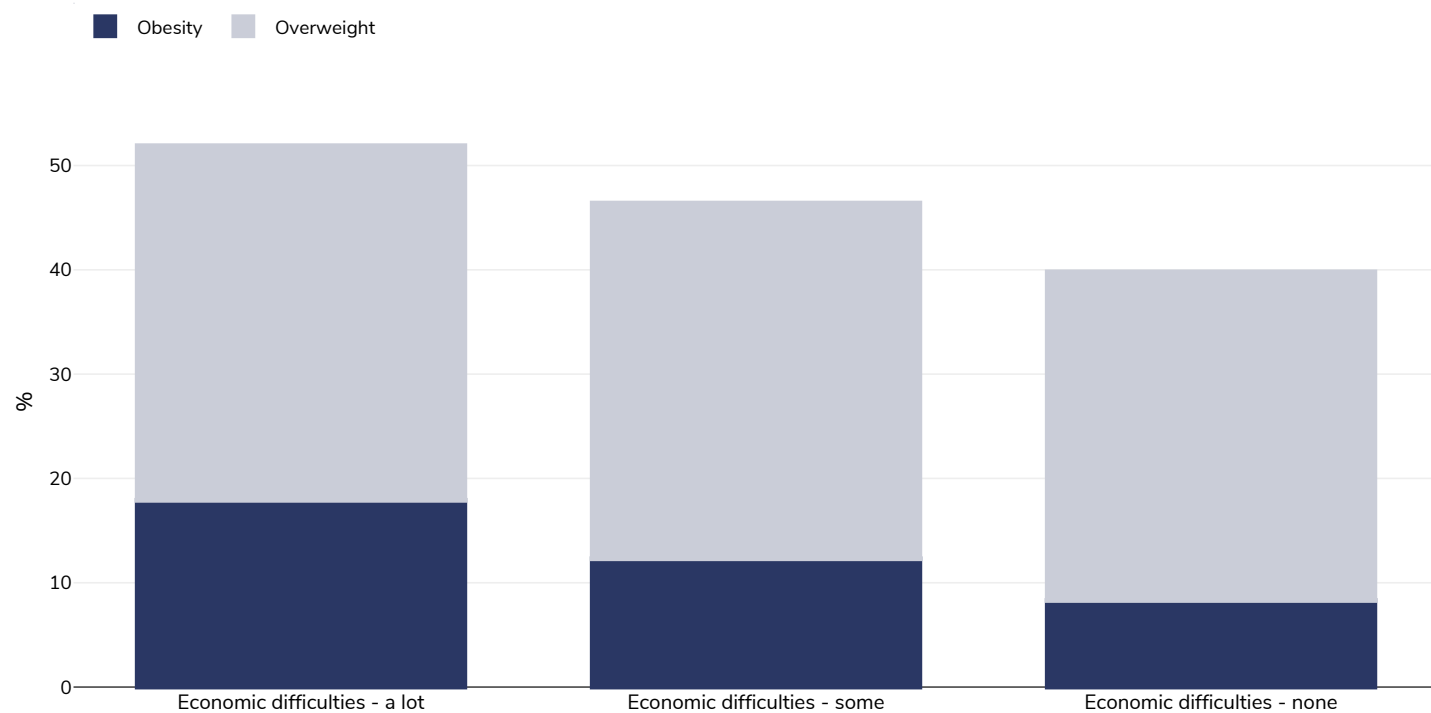
References:

Eurostat 2019. Available at [https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth\\_ehis\\_bm1i&lang=en](https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en)  
(last accessed 09.08.21).

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Overweight/obesity by socio-economic group

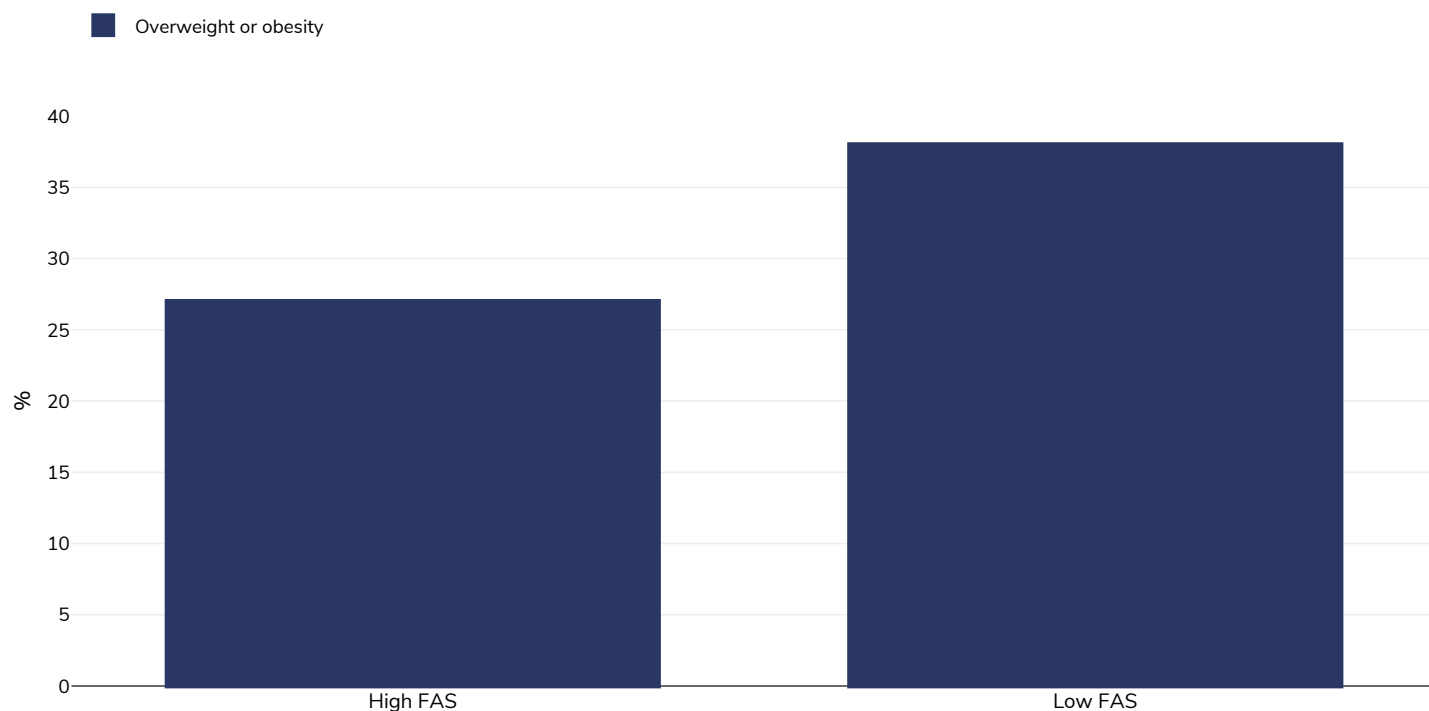
Adults, 2020-2021



|               |   |
|---------------|---|
| Survey type:  | Self-reported   |
| Age:          | 18-69   |
| Sample size:  | 38126   |
| Area covered: | National  |
| References:   | PASSI 2020-2021. Available at <a href="https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1">https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1</a> (last accessed on 22.03.23) |

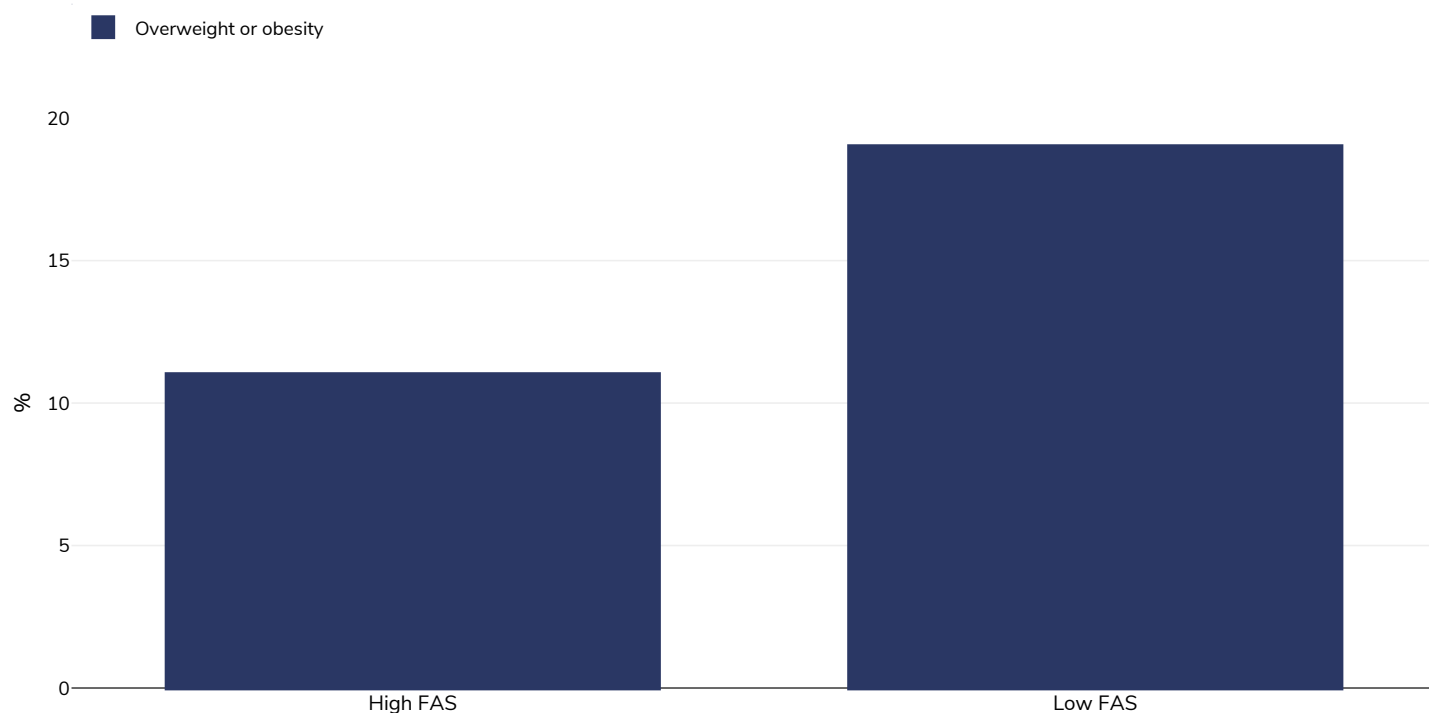
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Boys, 2017-2018



|               |  |
|---------------|--|
| Survey type:  | Self-reported  |
| Age:          | 11-15  |
| Sample size:  | 4122   |
| Area covered: | National   |
| References:   | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: <a href="https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf">https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf</a> . Last accessed: 25.05.21.  |
| Notes:        | HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence." |
| Definitions:  | HBSC Family Affluence Scale (FAS)  |
| Cutoffs:      | WHO  |

## Girls, 2017-2018

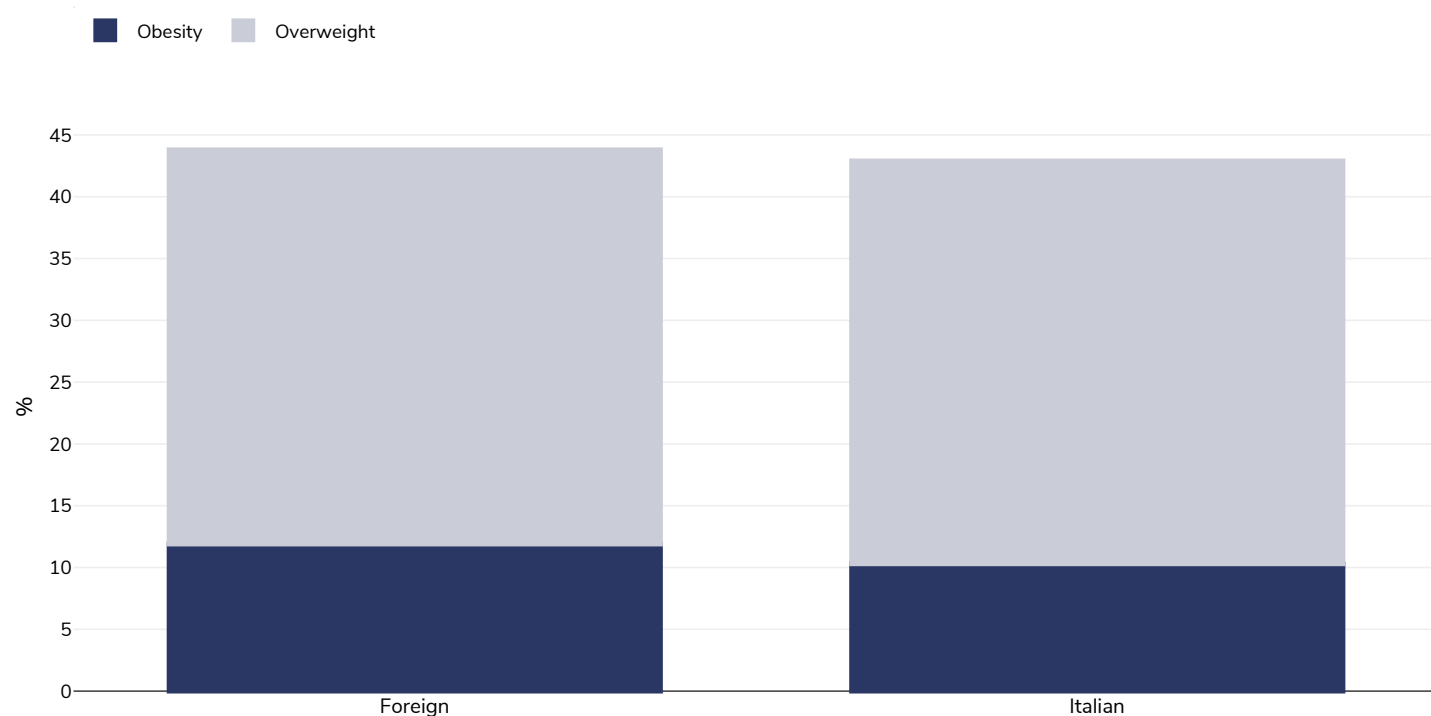


|               |  |
|---------------|--|
| Survey type:  | Self-reported  |
| Age:          | 11-15  |
| Sample size:  | 4122   |
| Area covered: | National   |
| References:   | World Health Organization (2020). Spotlight on adolescent health and well-being - Findings from the 2017/2018 Health Behaviour in School-aged Children (HBSC) survey in Europe and Canada. Available at: <a href="https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf">https://apps.who.int/iris/bitstream/handle/10665/332091/9789289055000-eng.pdf</a> . Last accessed: 25.05.21.  |
| Notes:        | HBSC Family Affluence Scale (FAS) - "HBSC uses an alternative measure, the Family Affluence Scale, which asks young people about material assets such as family cars, number of foreign holidays, computers, bathrooms and dishwashers in the household, holidays and having a bedroom to oneself. The scale, which enables users to add up how many of these assets a young person has in their home compared with other adolescents in their country/region, has been shown to provide a valid indicator of relative affluence." |
| Definitions:  | HBSC Family Affluence Scale (FAS)  |
| Cutoffs:      | WHO  |

## Overweight/obesity by ethnicity

Ethnic groups are as defined by publication of origin and are not as defined by WOF. In some instances ethnicity is conflated with nationality and/or race.

### Adults, 2020-2021



Survey type: Self-reported

Age: 18-69

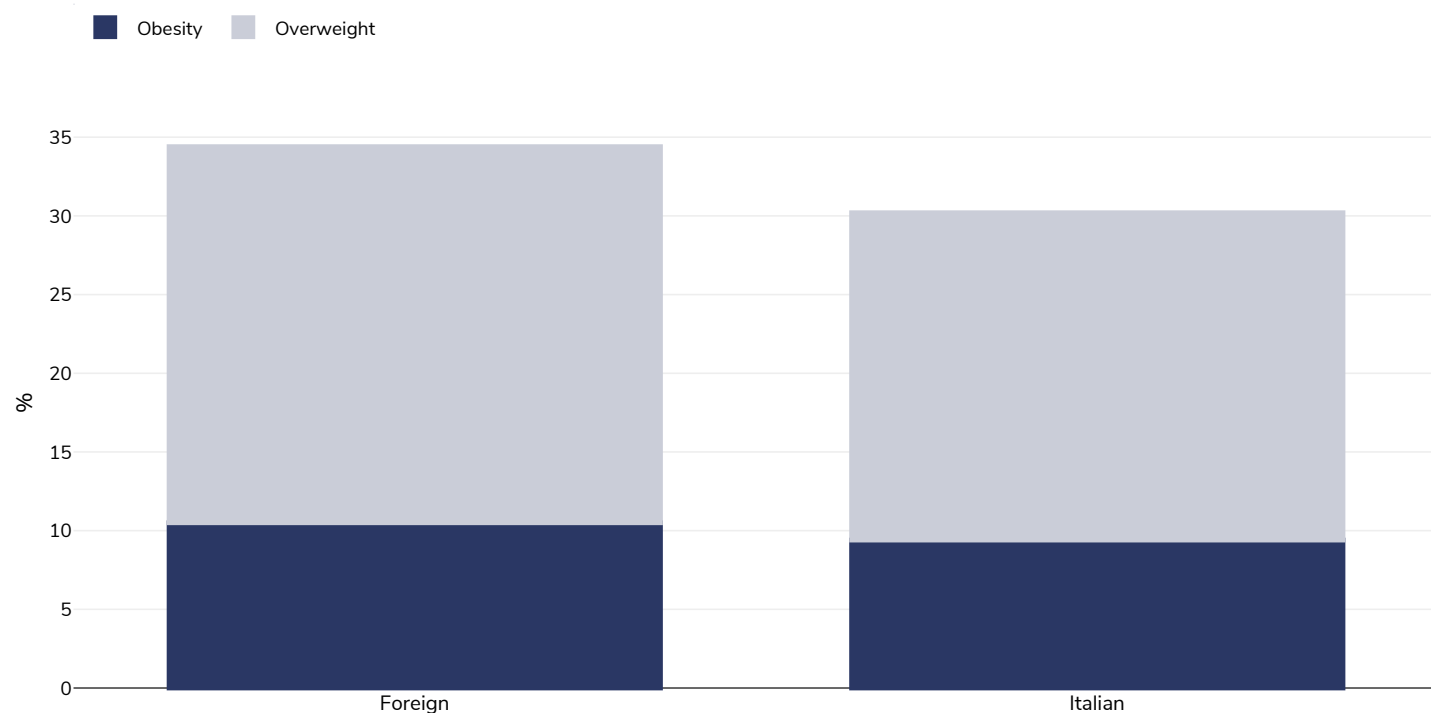
Sample size: 38126

Area covered: National

References: PASSI 2020-2021. Available at <https://www.epicentro.iss.it/passi/dati/sovrappeso?tab-container-1=tab1> (last accessed on 22.03.23)

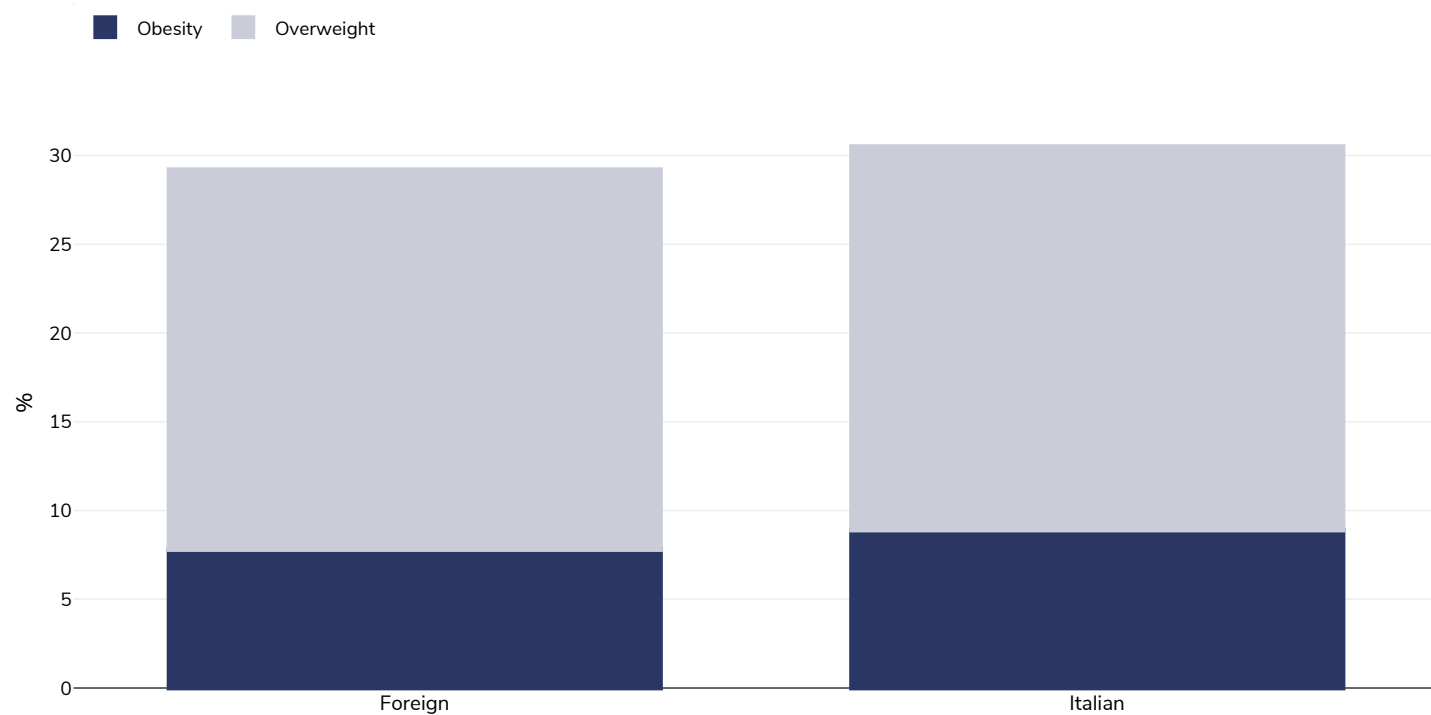
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Boys, 2016



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 8-9   |
| Sample size:  | 48,900  |
| Area covered: | National  |
| References:   | Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: <a href="https://link.springer.com/article/10.1186/s12889-019-6946-3">https://link.springer.com/article/10.1186/s12889-019-6946-3</a> . Accessed 13 May 2021. |
| Notes:        | OKkio alla SALUTE 2016 data.  |
| Definitions:  | Based on Mother's citizenship.  |
| Cutoffs:      | WOF-IOTF  |

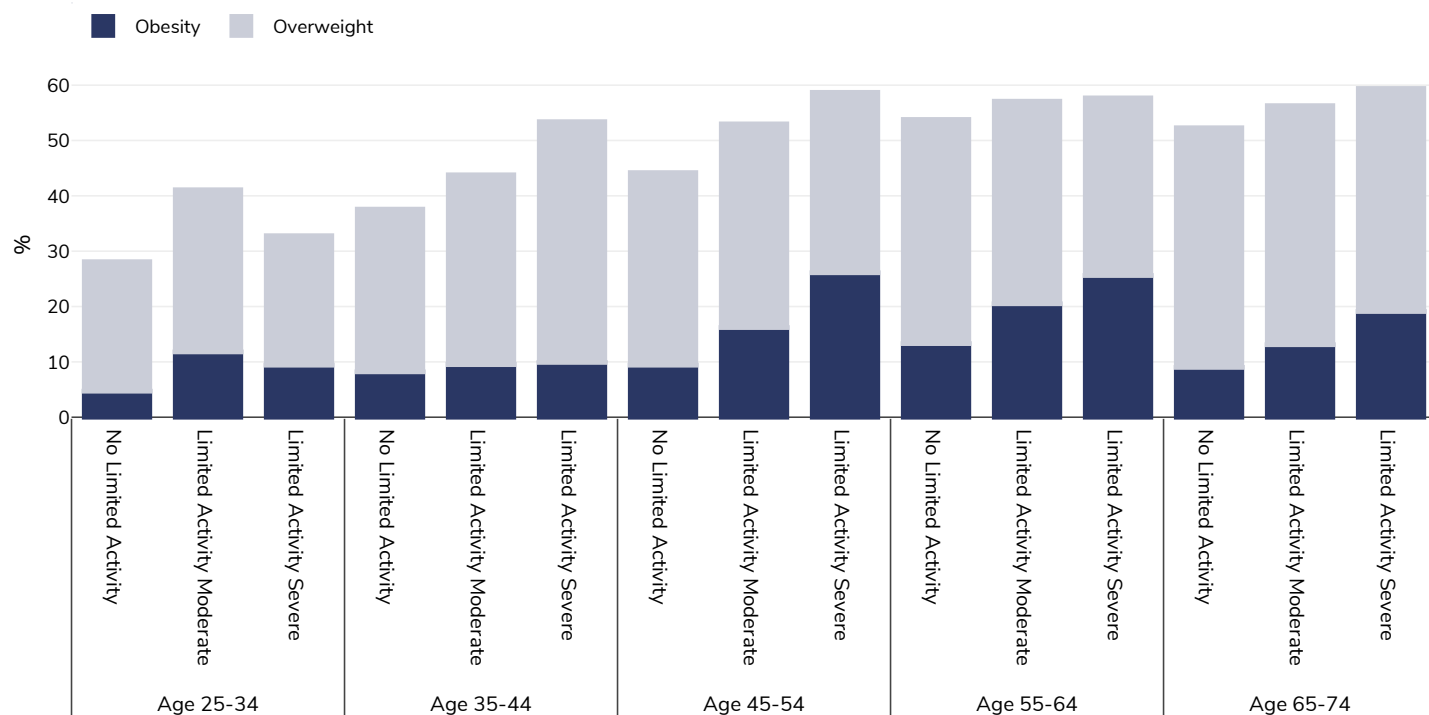
## Girls, 2016



|               |   |
|---------------|---|
| Survey type:  | Measured  |
| Age:          | 8-9   |
| Sample size:  | 48,900  |
| Area covered: | National  |
| References:   | Lauria, Laura, et al. "Decline of Childhood Overweight and Obesity in Italy from 2008 to 2016: Results from 5 Rounds of the Population-Based Surveillance System." BMC Public Health, vol. 19, no. 1, 21 May 2019, 10.1186/s12889-019-6946-3. Available at: <a href="https://link.springer.com/article/10.1186/s12889-019-6946-3">https://link.springer.com/article/10.1186/s12889-019-6946-3</a> . Accessed 13 May 2021. |
| Notes:        | OKkio alla SALUTE 2016 data.  |
| Definitions:  | Based on Mother's citizenship.  |
| Cutoffs:      | WOF-IOTF  |

## Overweight/obesity by age and limited activity

### Adults, 2014



Survey type:

Self-reported

Area covered:

National

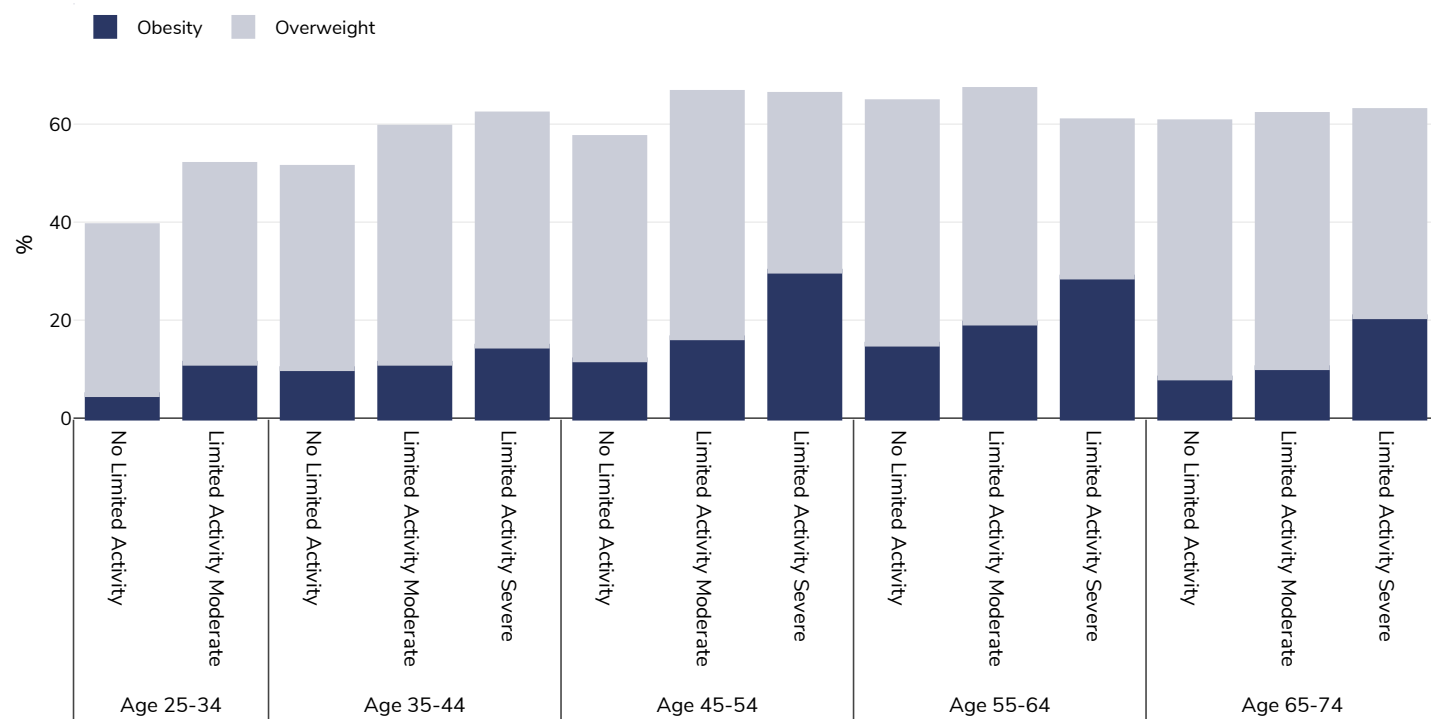
References:

Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.



## Men, 2014



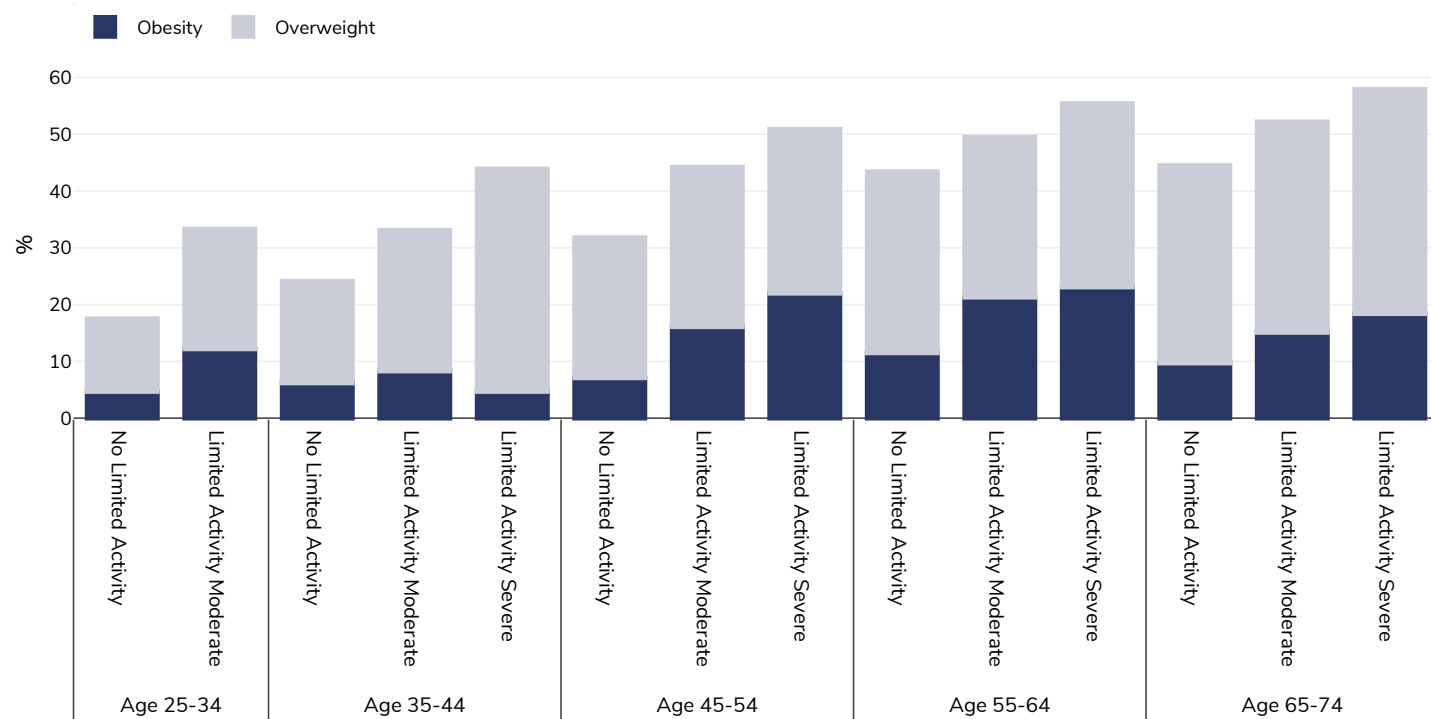
Survey type: Self-reported

Area covered: National

References: Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

## Women, 2014



Survey type: Self-reported

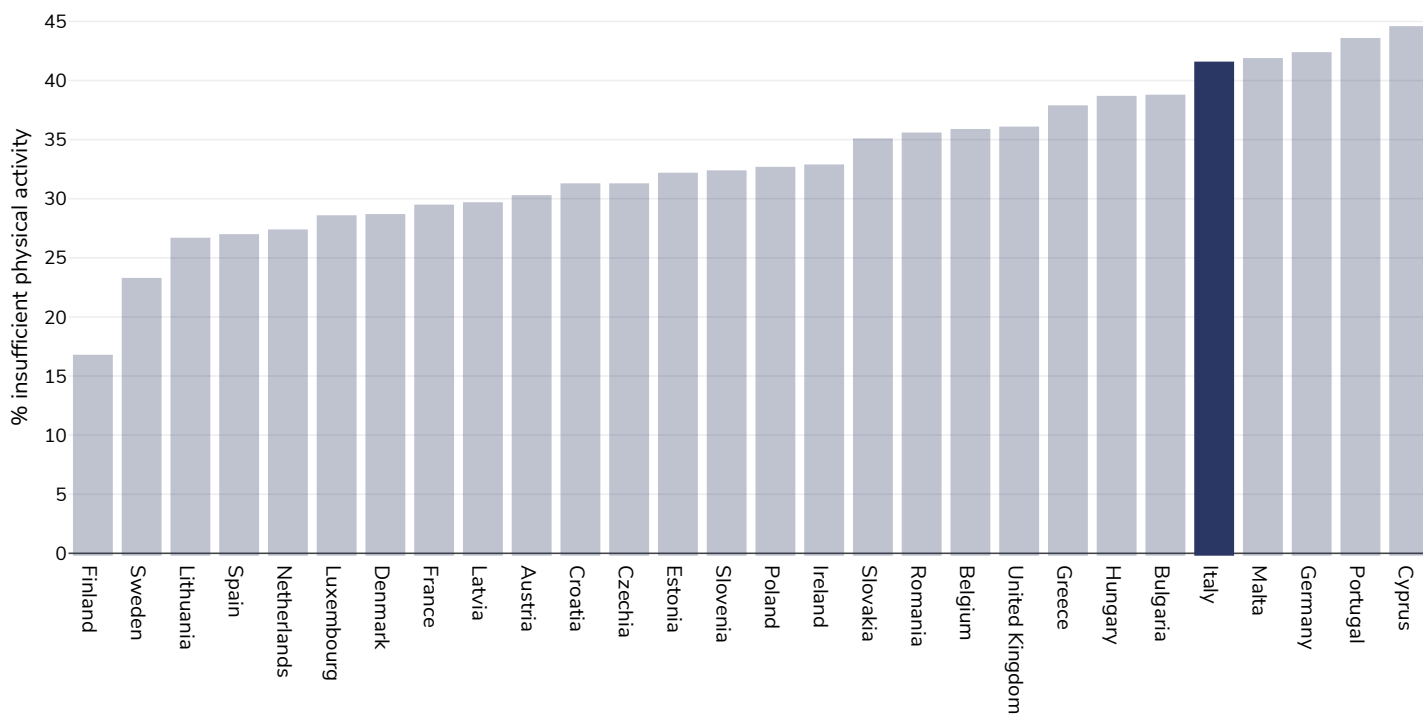
Area covered: National

References: Eurostat 2014 available at <https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do> (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m<sup>2</sup>, obesity refers to a BMI greater than 30kg/m<sup>2</sup>.

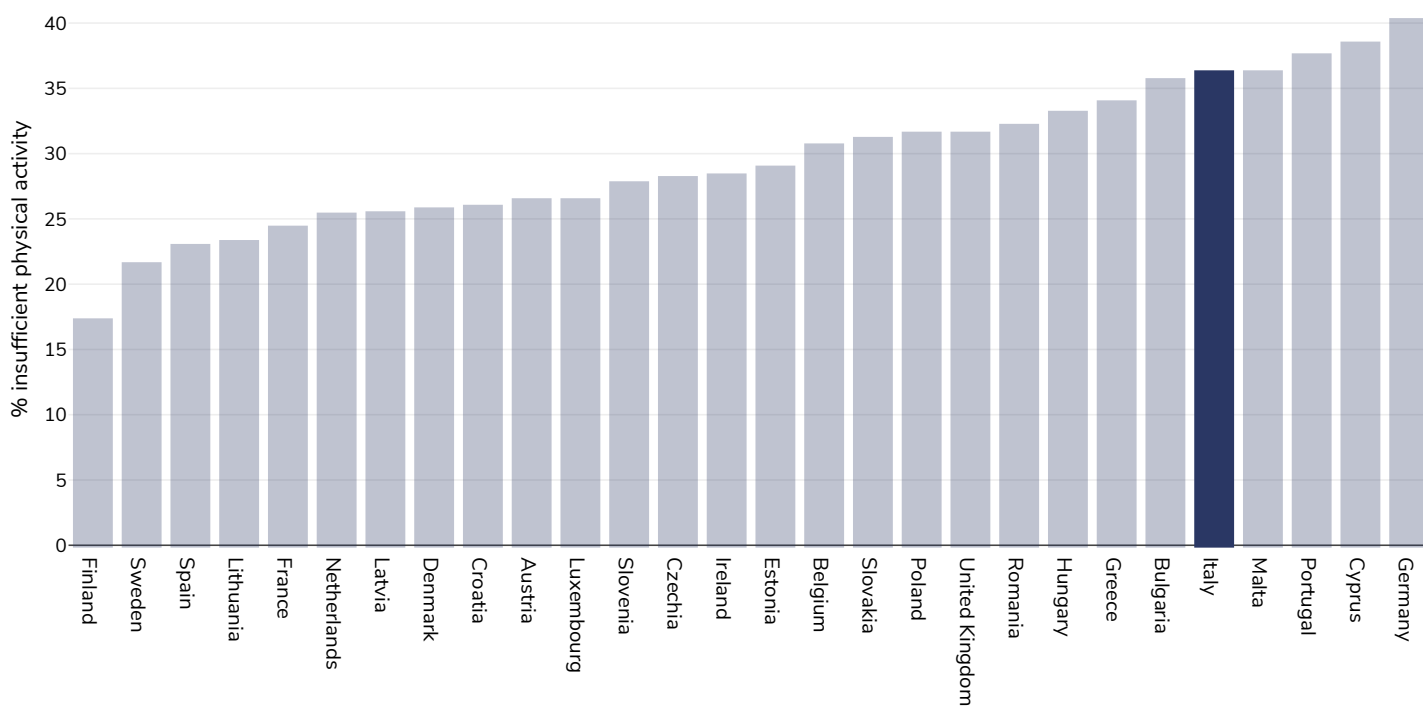
## Insufficient physical activity

### Adults, 2016



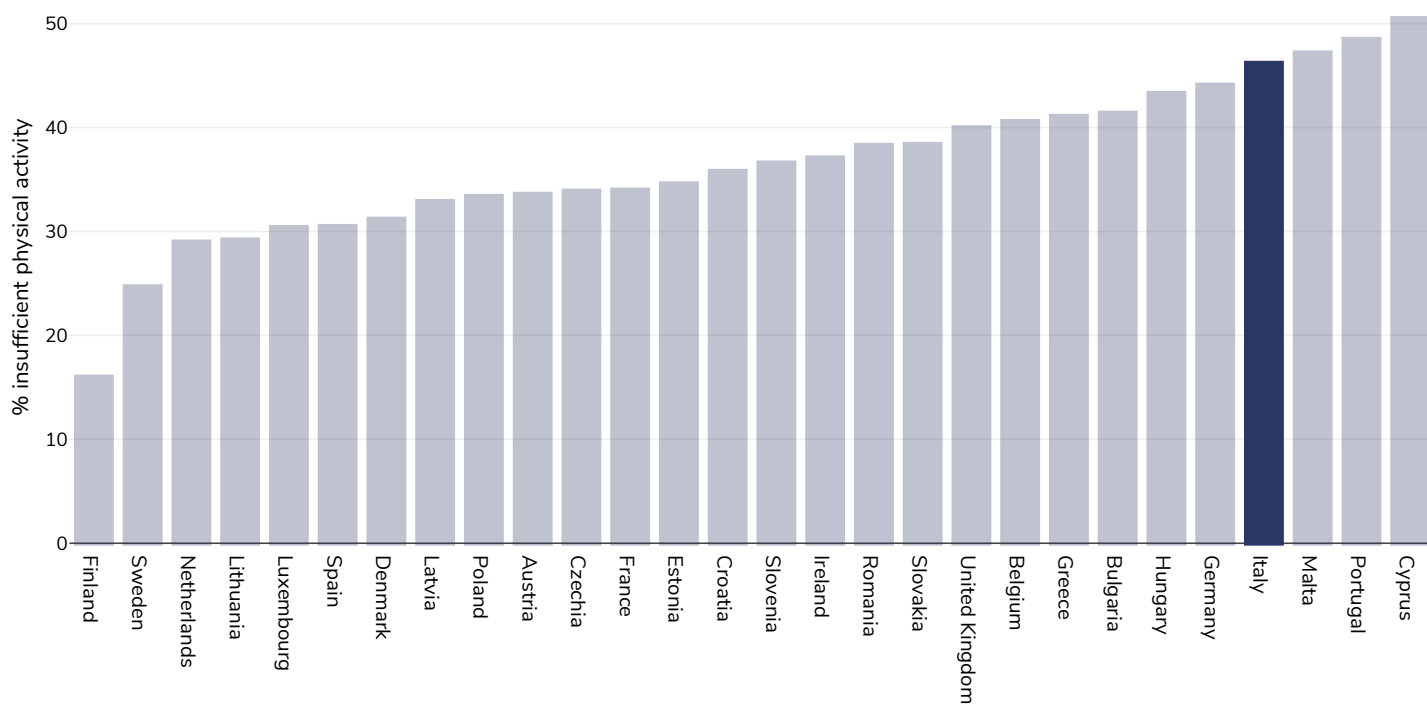
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Men, 2016



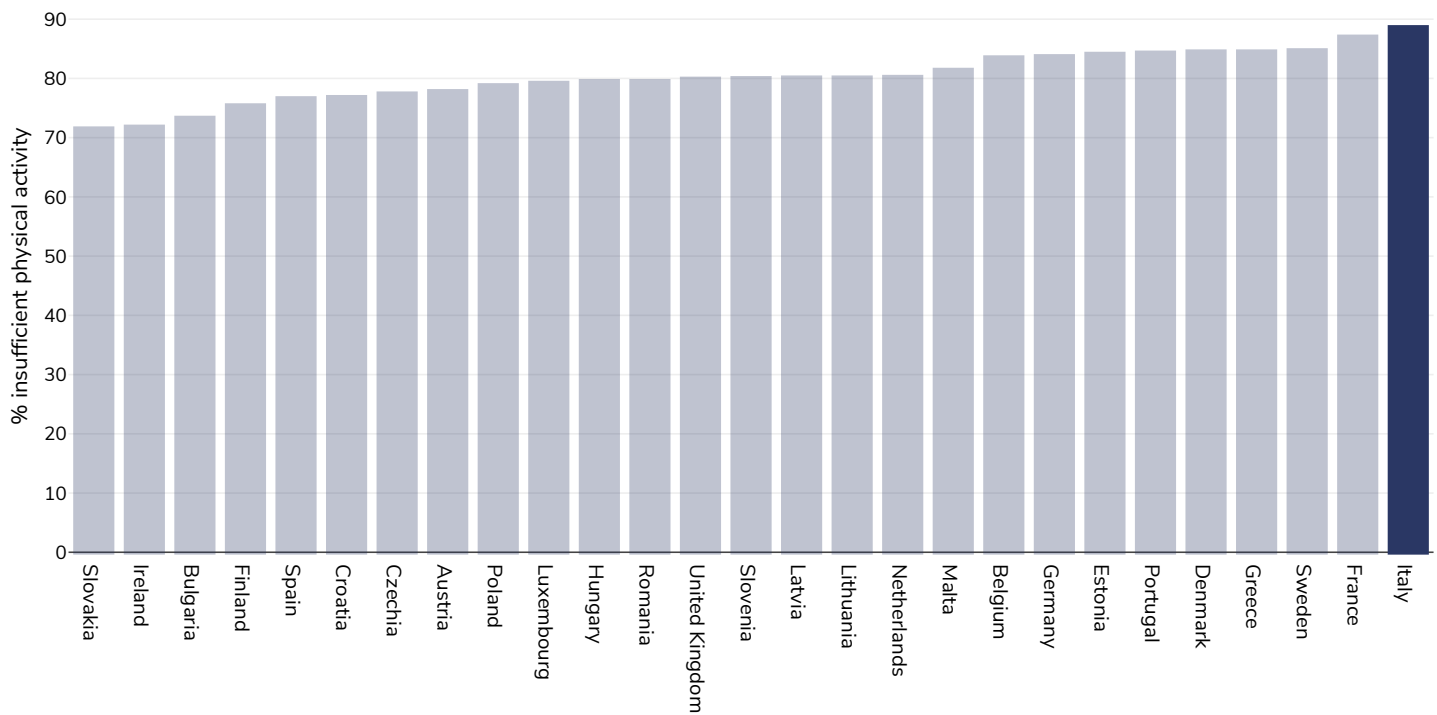
References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 [http://dx.doi.org/10.1016/S2214-109X\(18\)30357-7](http://dx.doi.org/10.1016/S2214-109X(18)30357-7)

## Children, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

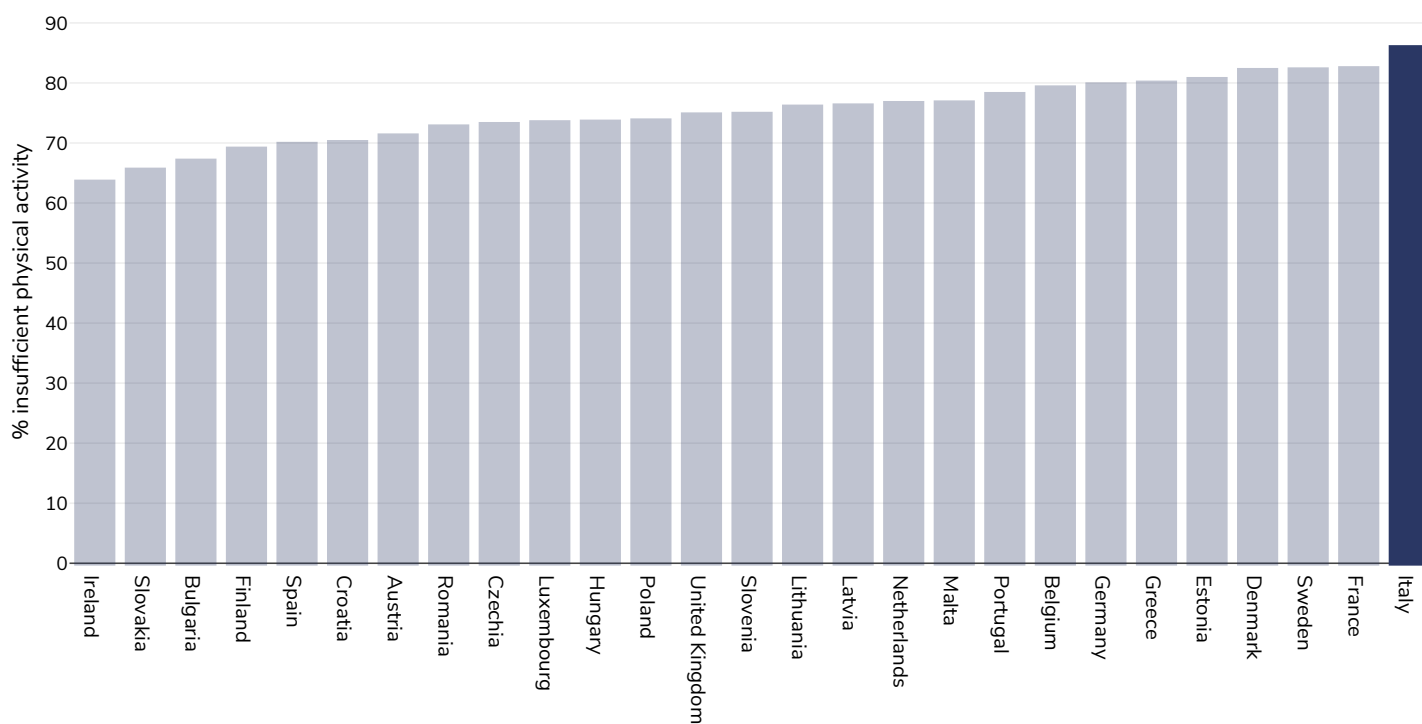
Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

## Boys, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

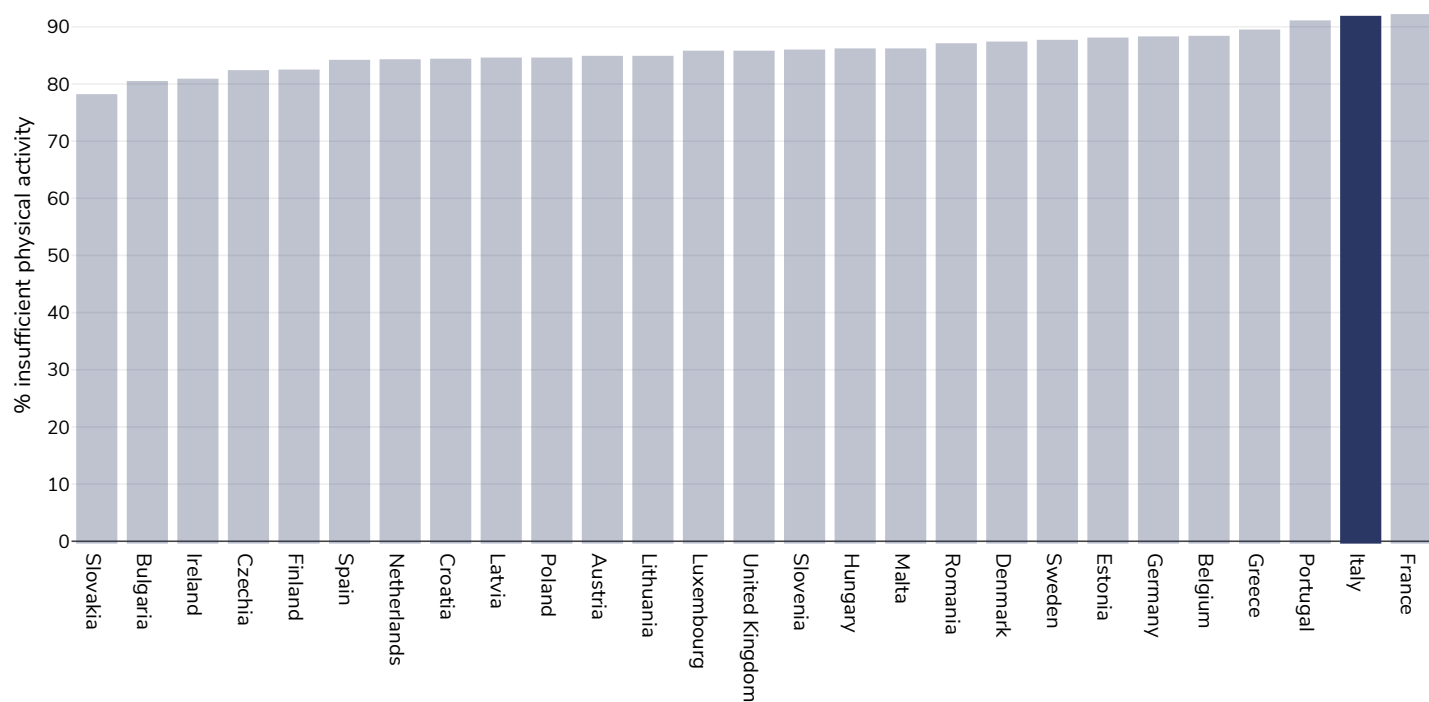
Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions:

% Adolescents insufficiently active (age standardised estimate)

## Girls, 2016



Survey type:

Self-reported

Age:

11-17

References:

Global Health Observatory data repository, World Health Organisation, <https://apps.who.int/gho/data/node.main.A893ADO?lang=en> (last accessed 16.03.21)

Notes:

% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

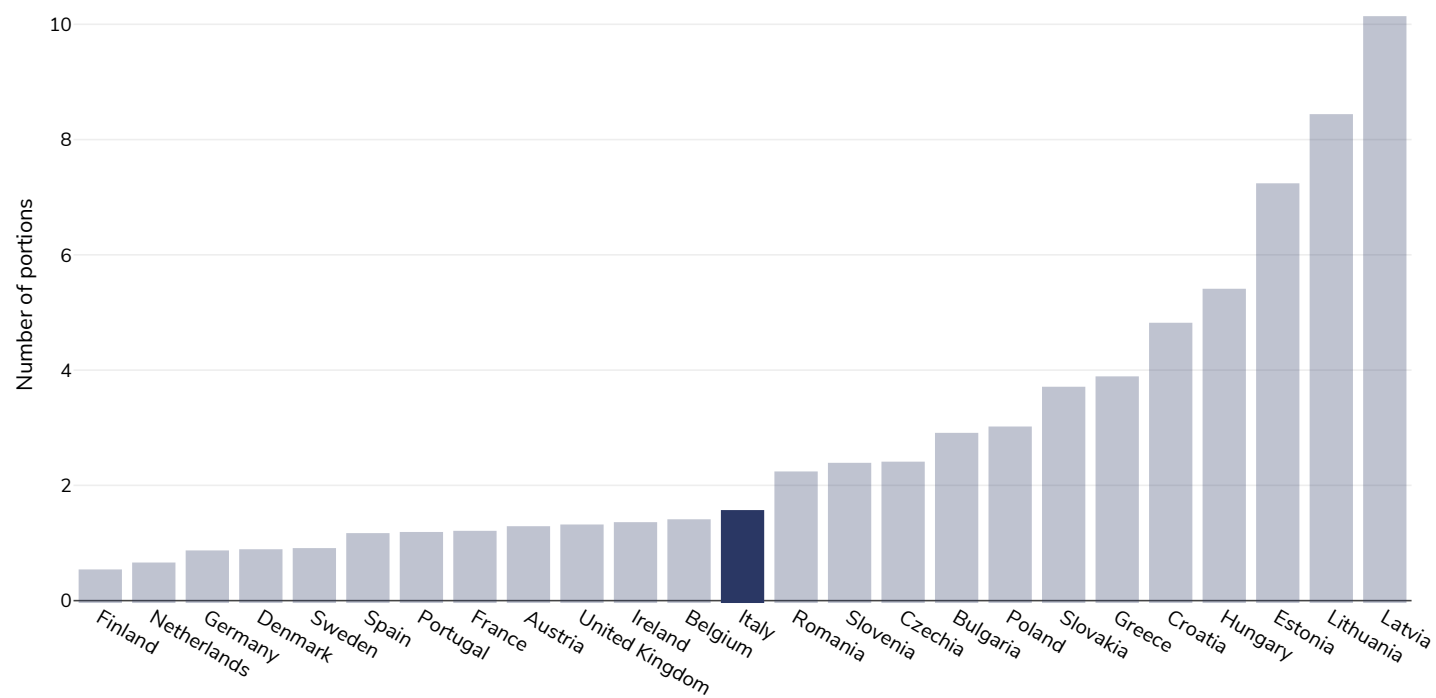
Definitions:

% Adolescents insufficiently active (age standardised estimate)



## Sugar consumption

Adults, 2016



References:

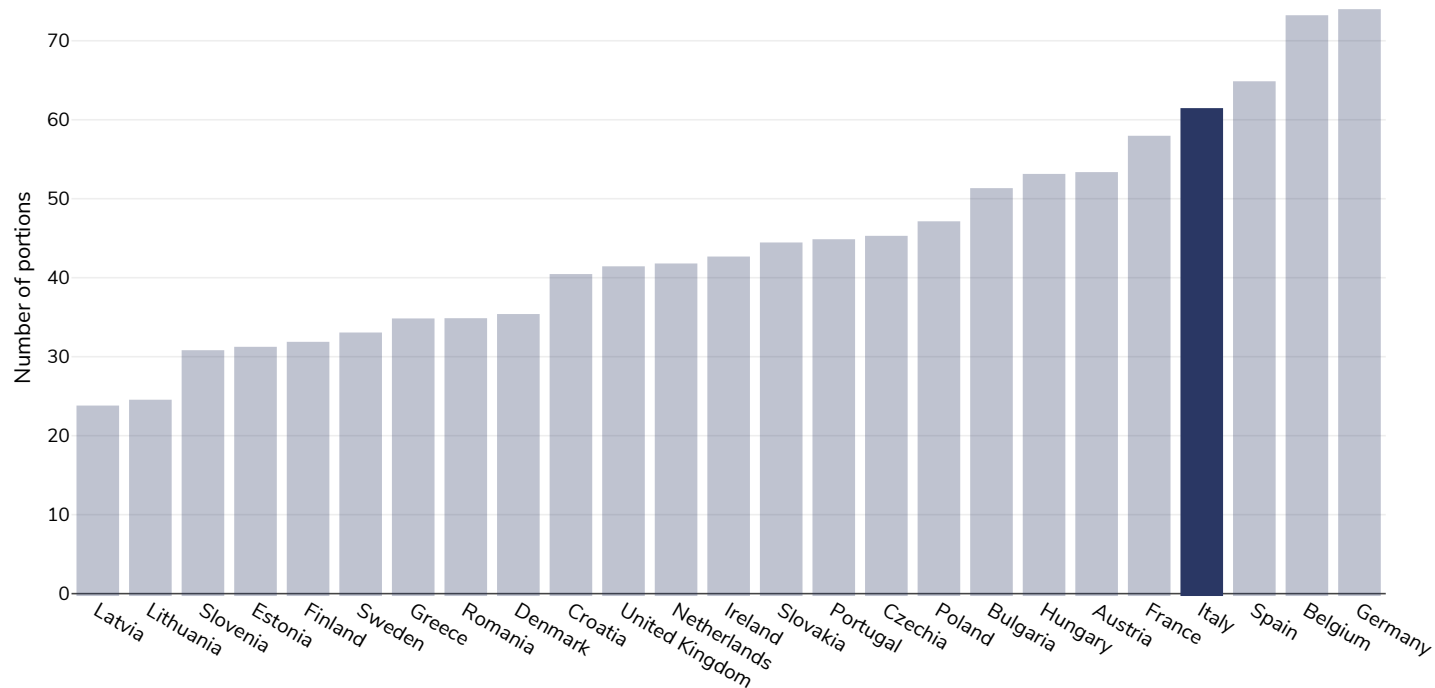
Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)

## Estimated per capita sugar sweetened beverages intake

Adults, 2016

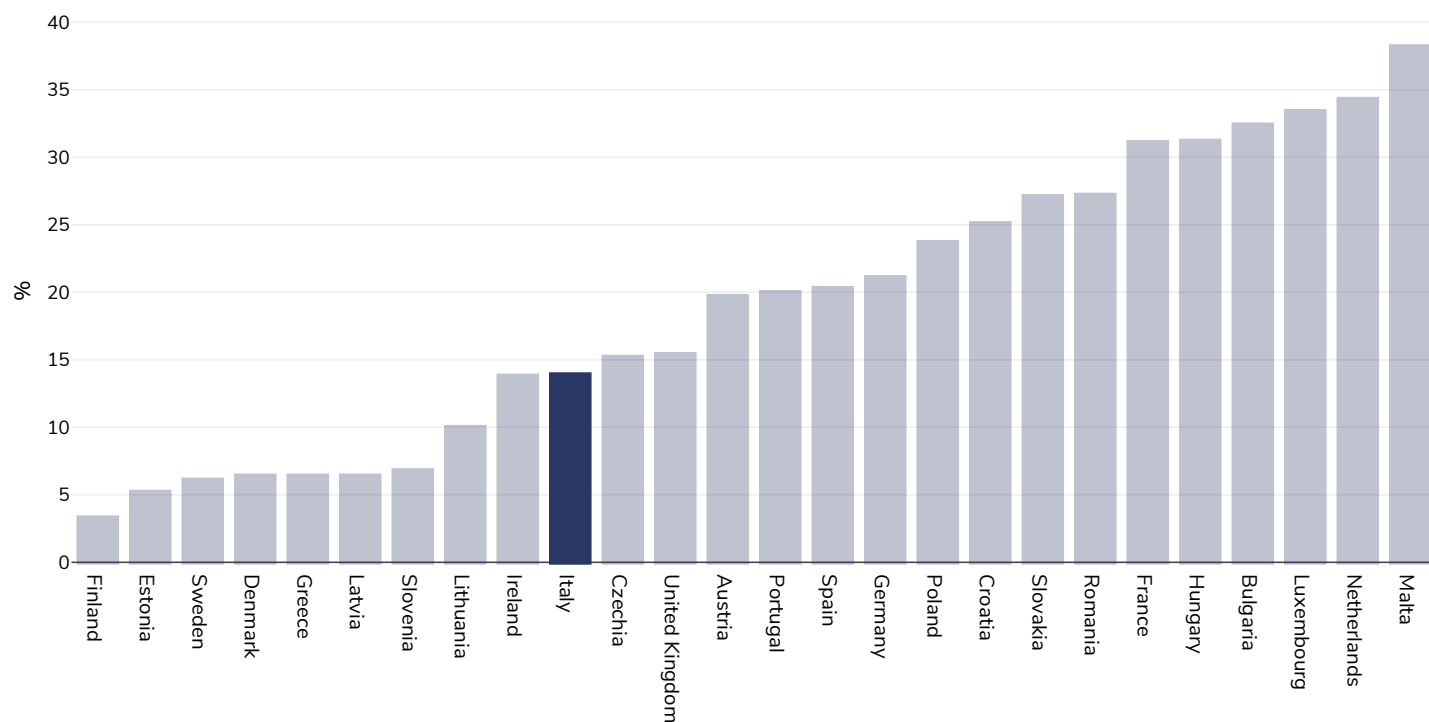


References:

Source: Euromonitor International

## Prevalence of at least daily carbonated soft drink consumption

### Children, 2014



Survey type:

Measured

References:

World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org>

Notes:

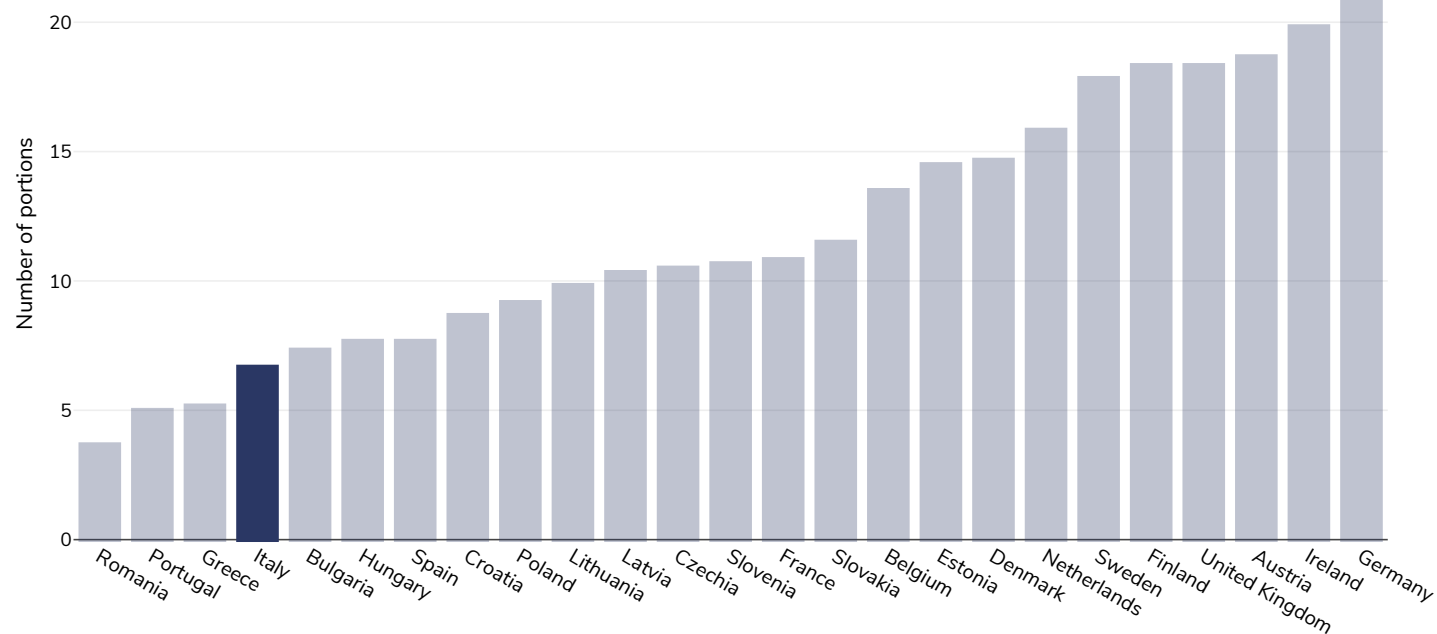
15-year-old adolescents

Definitions:

Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

## Prevalence of confectionery consumption

Adults, 2016



References:

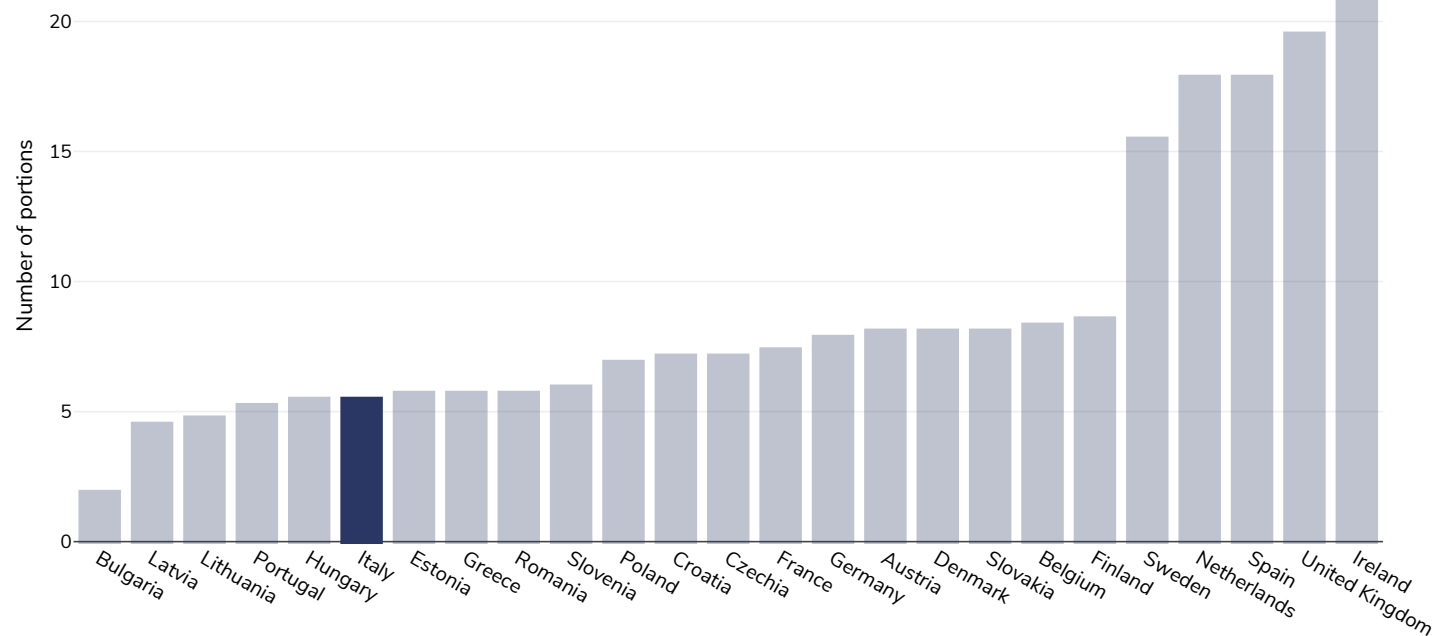
Source: Euromonitor International

Definitions:

Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

## Prevalence of sweet/savoury snack consumption

Adults, 2016



References:

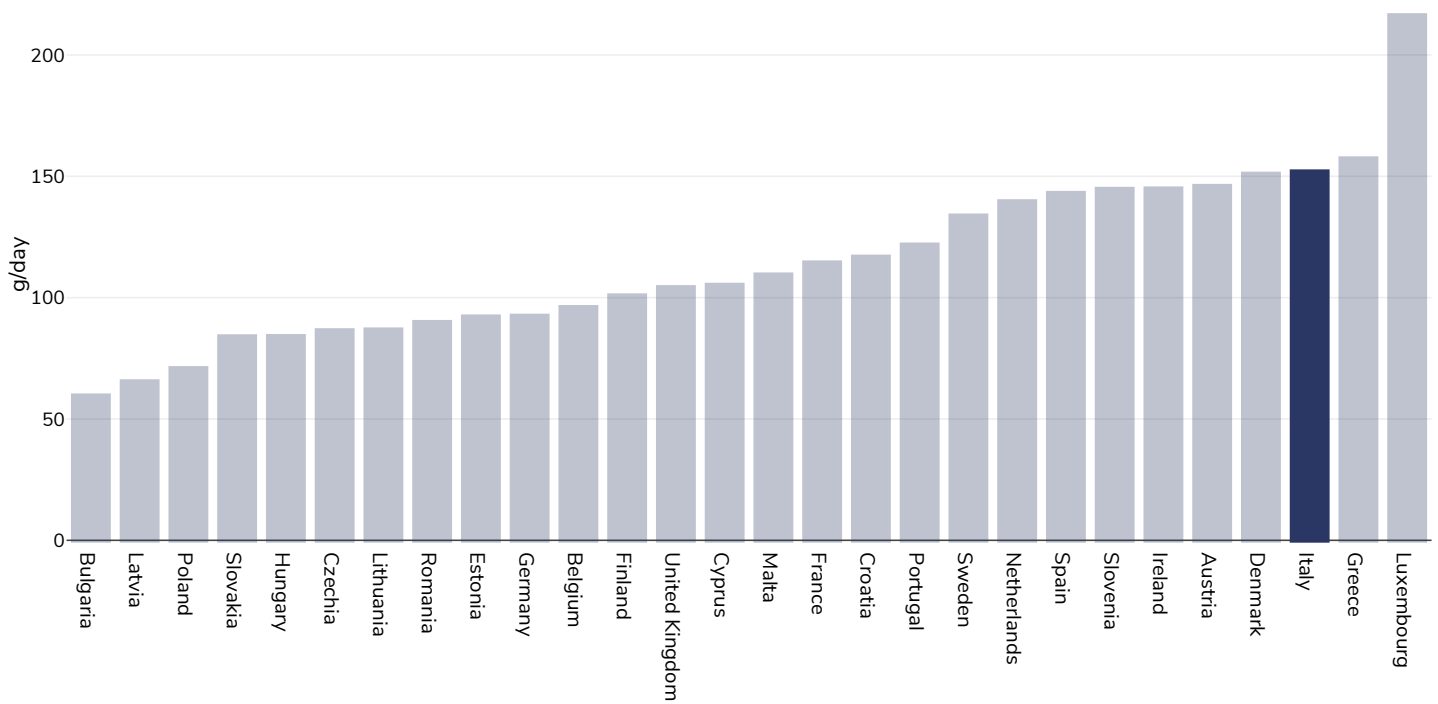
Source: Euromonitor International

Definitions:

Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

## Estimated per capita fruit intake

Adults, 2017



Survey type:

Measured

Age:

25+

References:

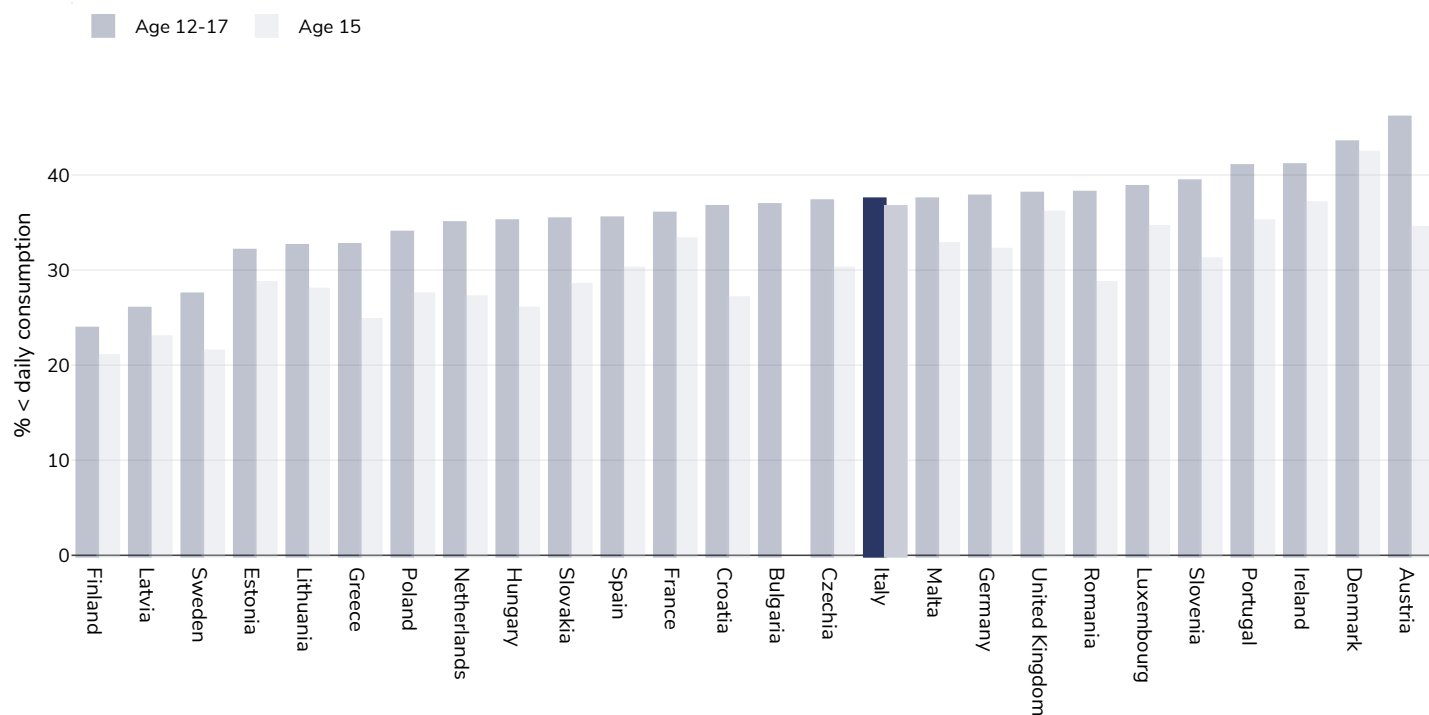
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita fruit intake (g/day)

## Prevalence of less than daily fruit consumption

### Children, 2014



Survey type:

Measured

References:

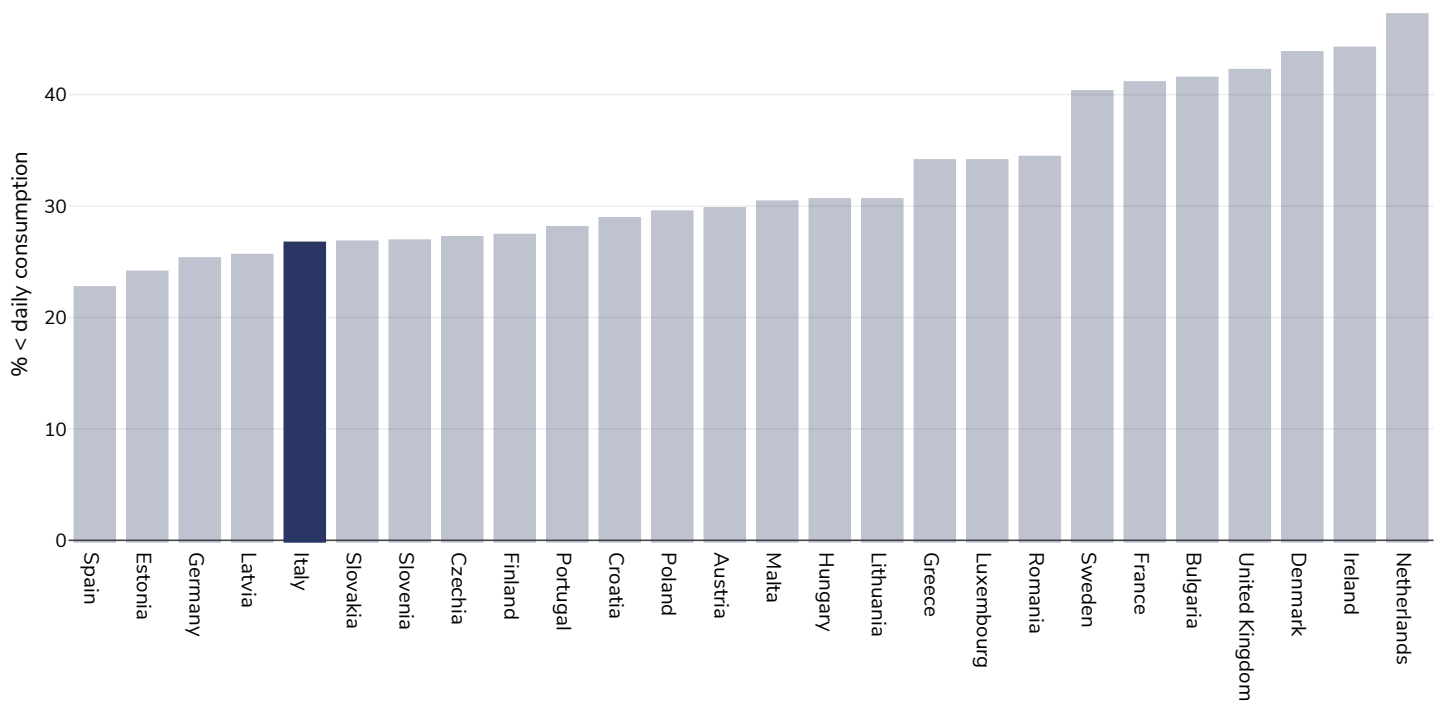
Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287>. Sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

Definitions:

Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

## Prevalence of less than daily vegetable consumption

### Children, 2014



Survey type:

Measured

Age:

12-17

References:

Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. <https://doi.org/10.1177/0379572119848287> sourced from Food Systems Dashboard <http://www.foodsystemsdashboard.org/food-system>

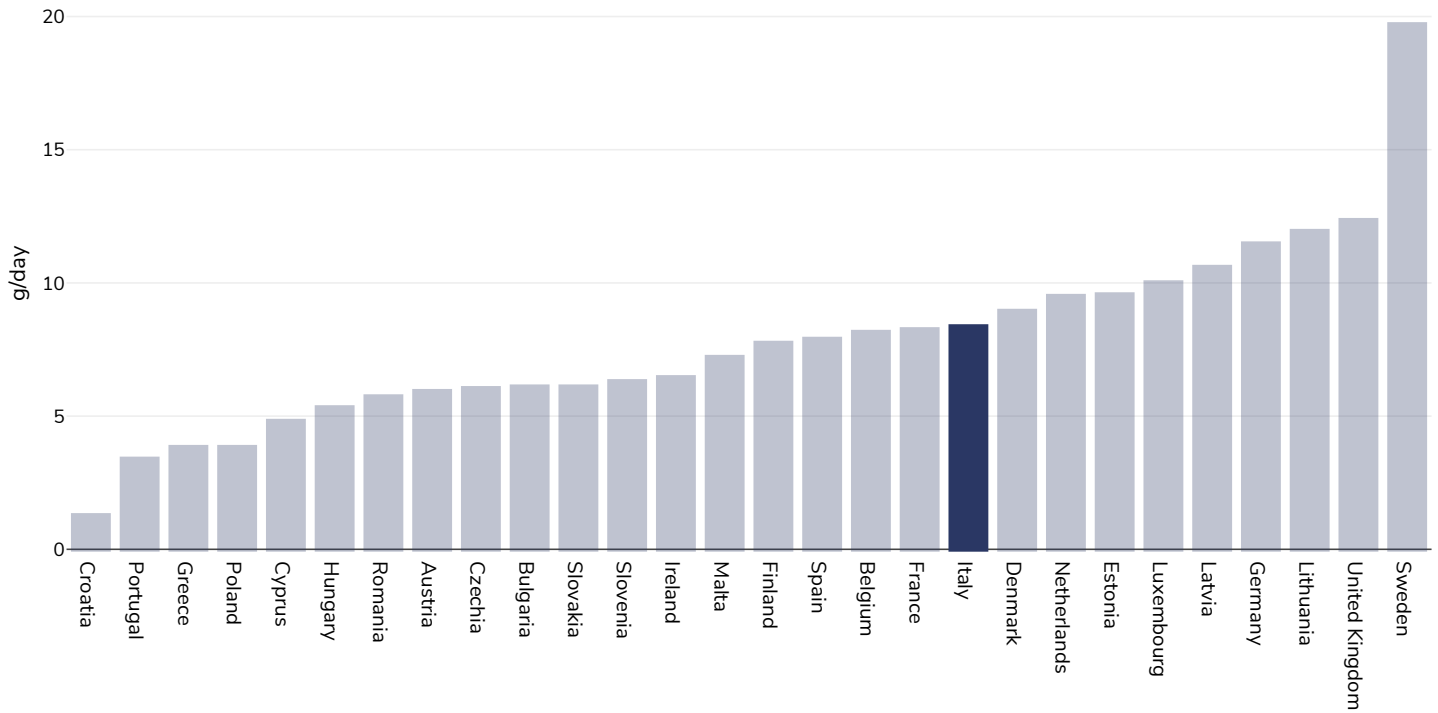
Definitions:

Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)



## Estimated per-capita processed meat intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

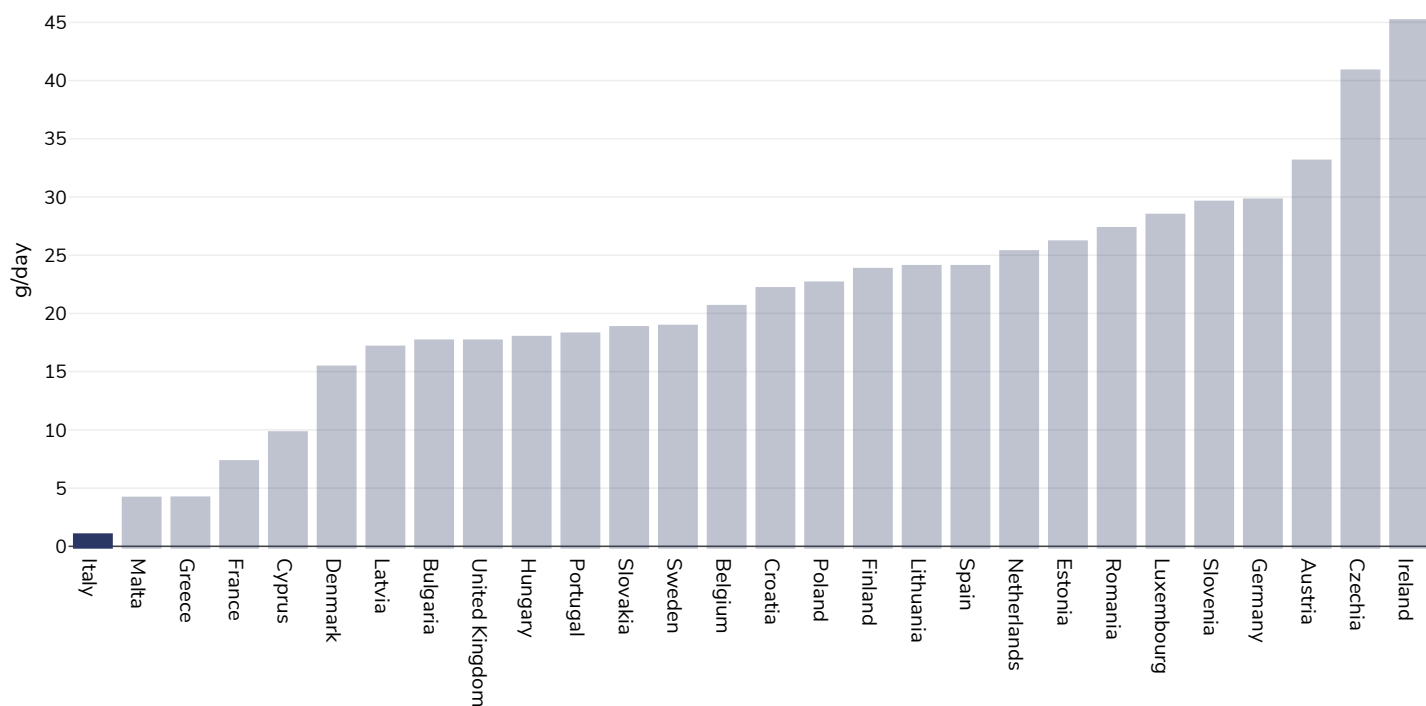
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita processed meat intake (g per day)

## Estimated per capita whole grains intake

### Adults, 2017



Survey type:

Measured

Age:

25+

References:

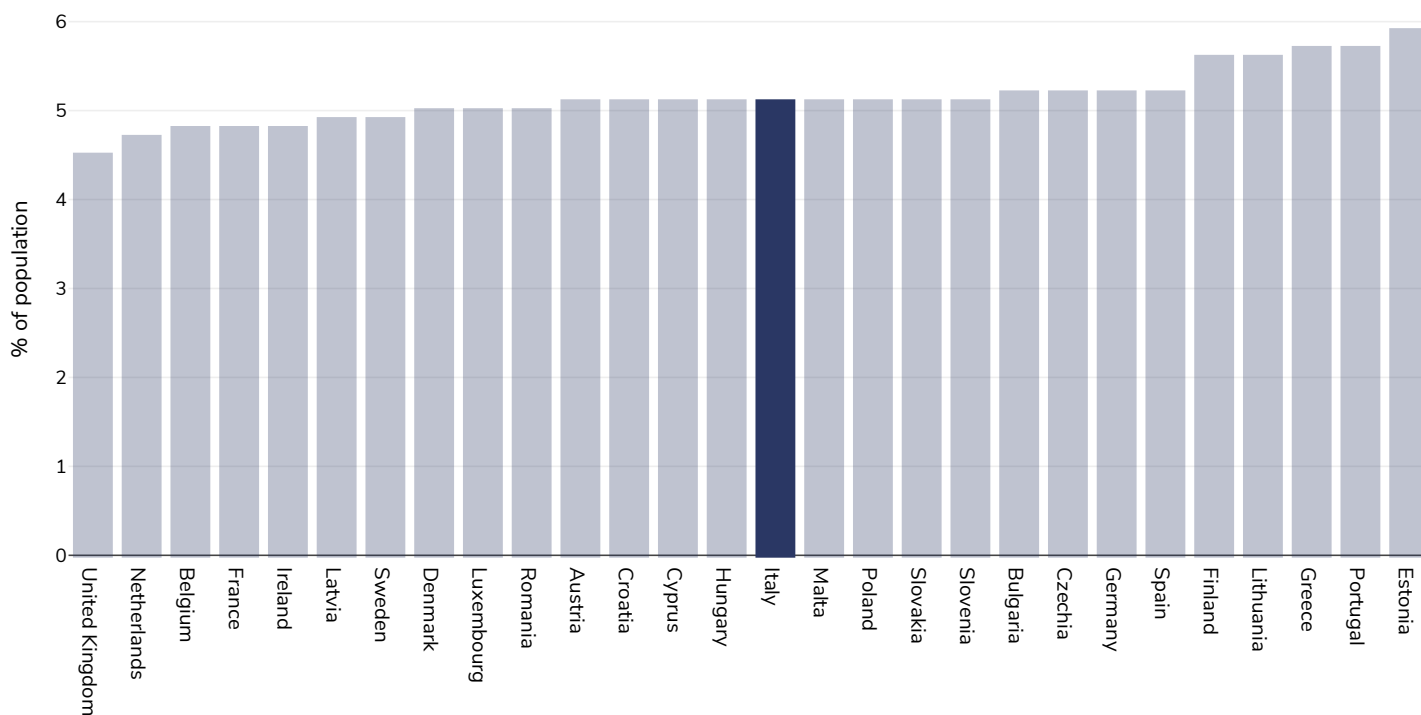
Global Burden of Disease, the Institute for Health Metrics and Evaluation <http://ghdx.healthdata.org/>

Definitions:

Estimated per-capita whole grains intake (g/day)

## Mental health - depression disorders

### Adults, 2015

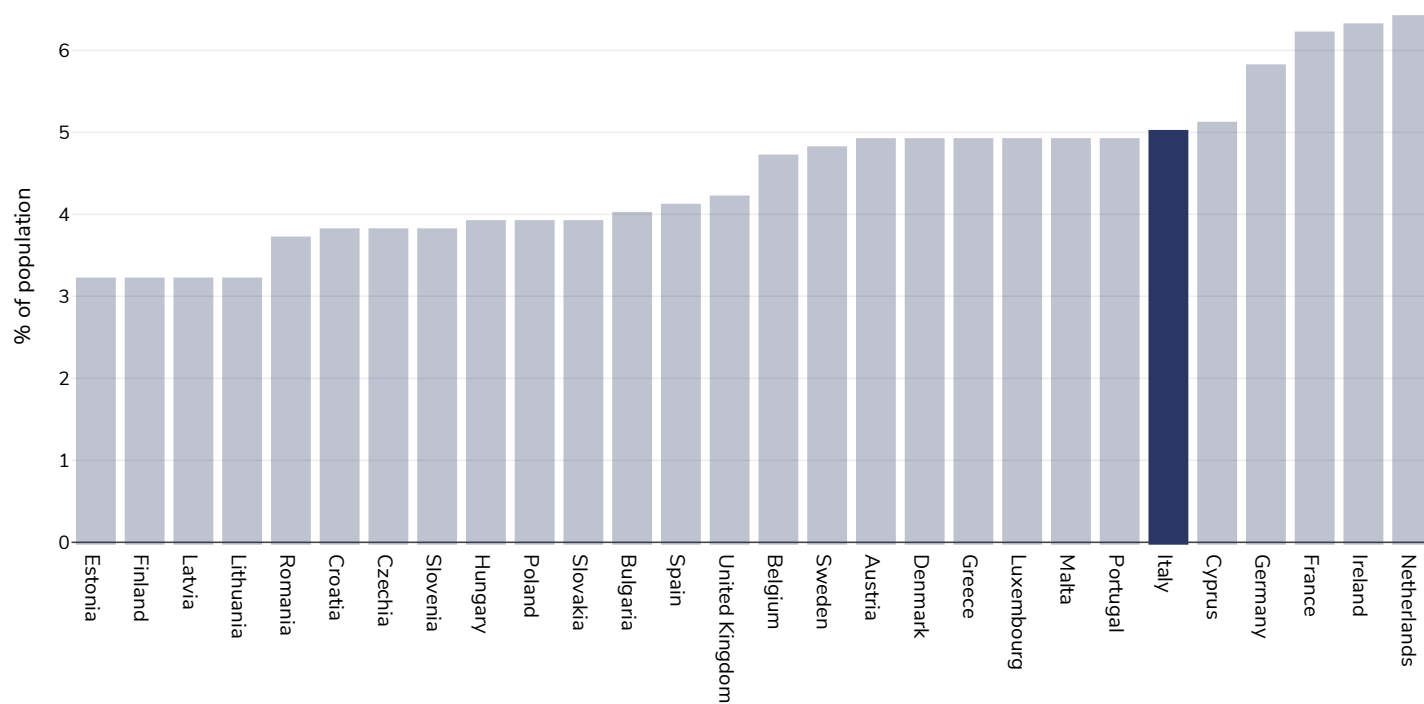


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

## Mental health - anxiety disorders

### Adults, 2015

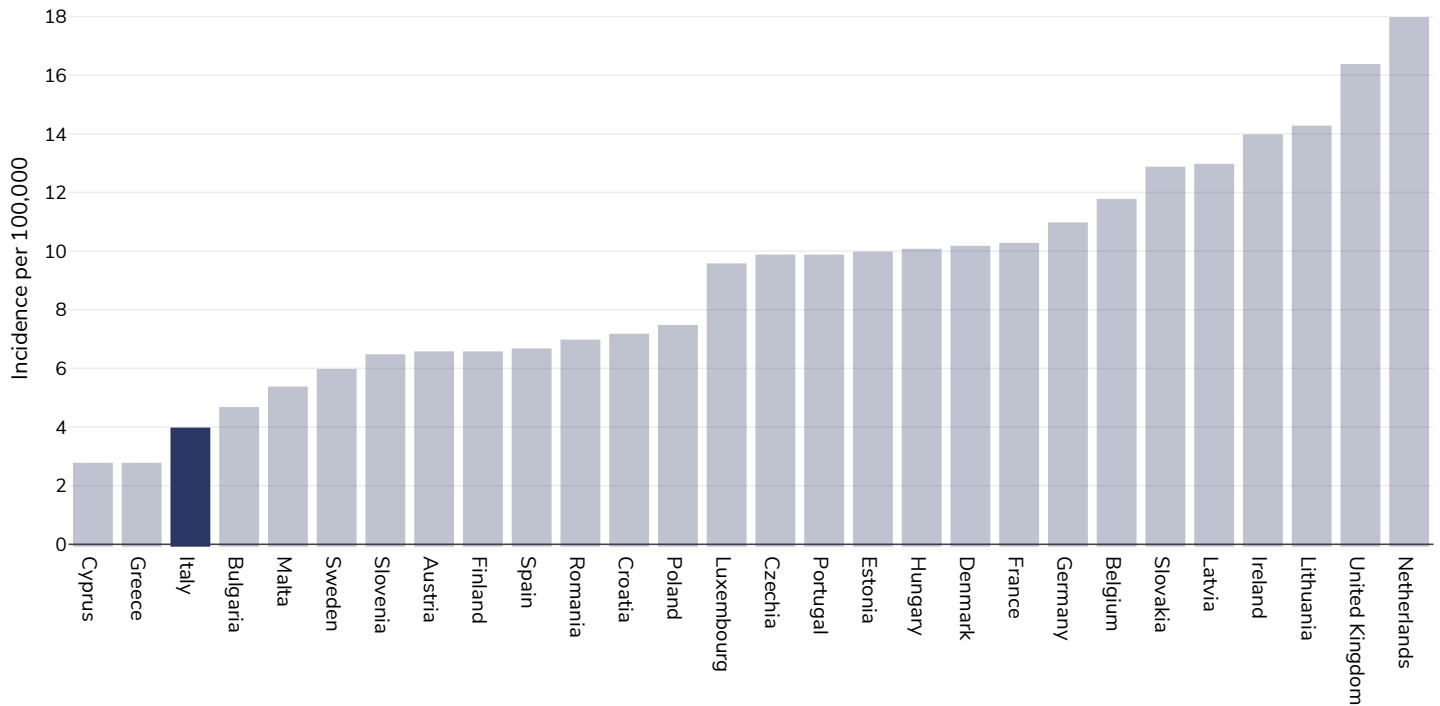


References: Prevalence data from Global Burden of Disease study 2015 (<http://ghdx.healthdata.org>) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

## Oesophageal cancer

### Men, 2020



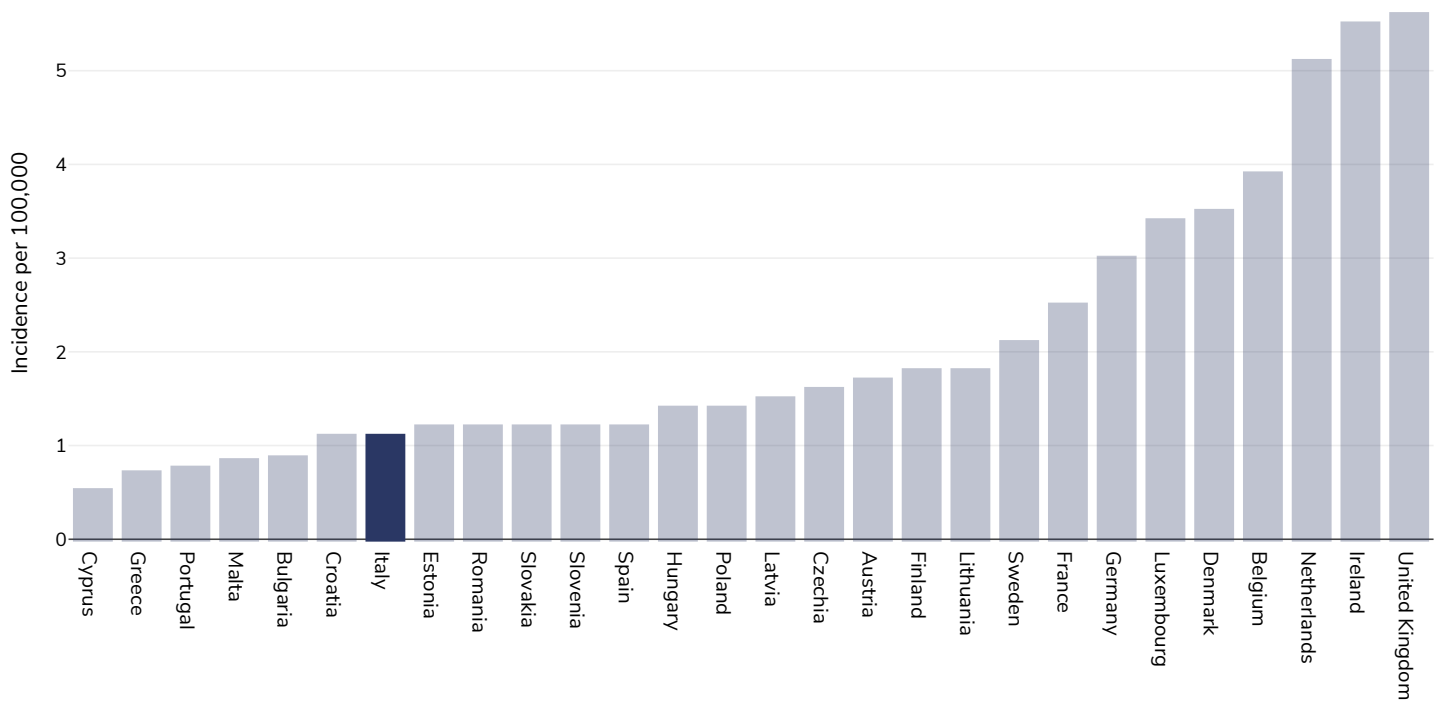
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

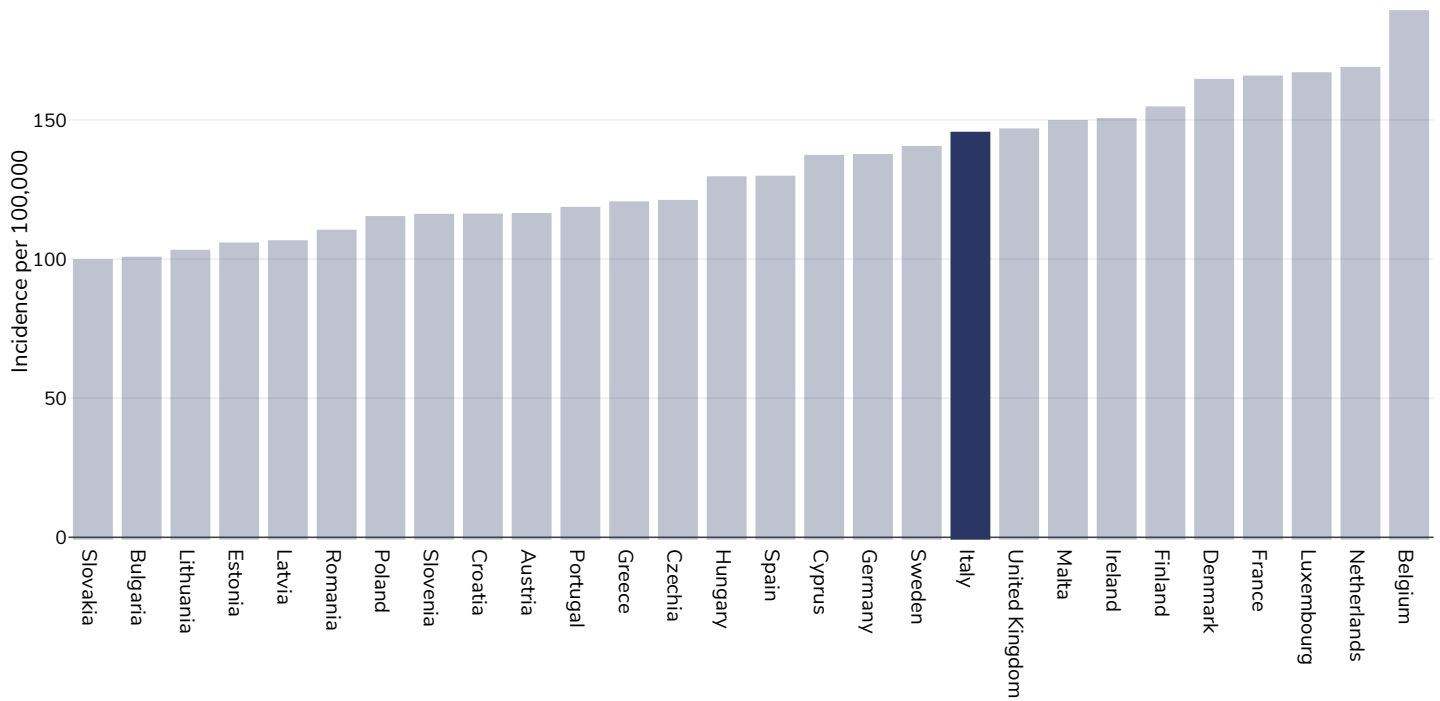
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Breast cancer

### Women, 2020



Age: 20+

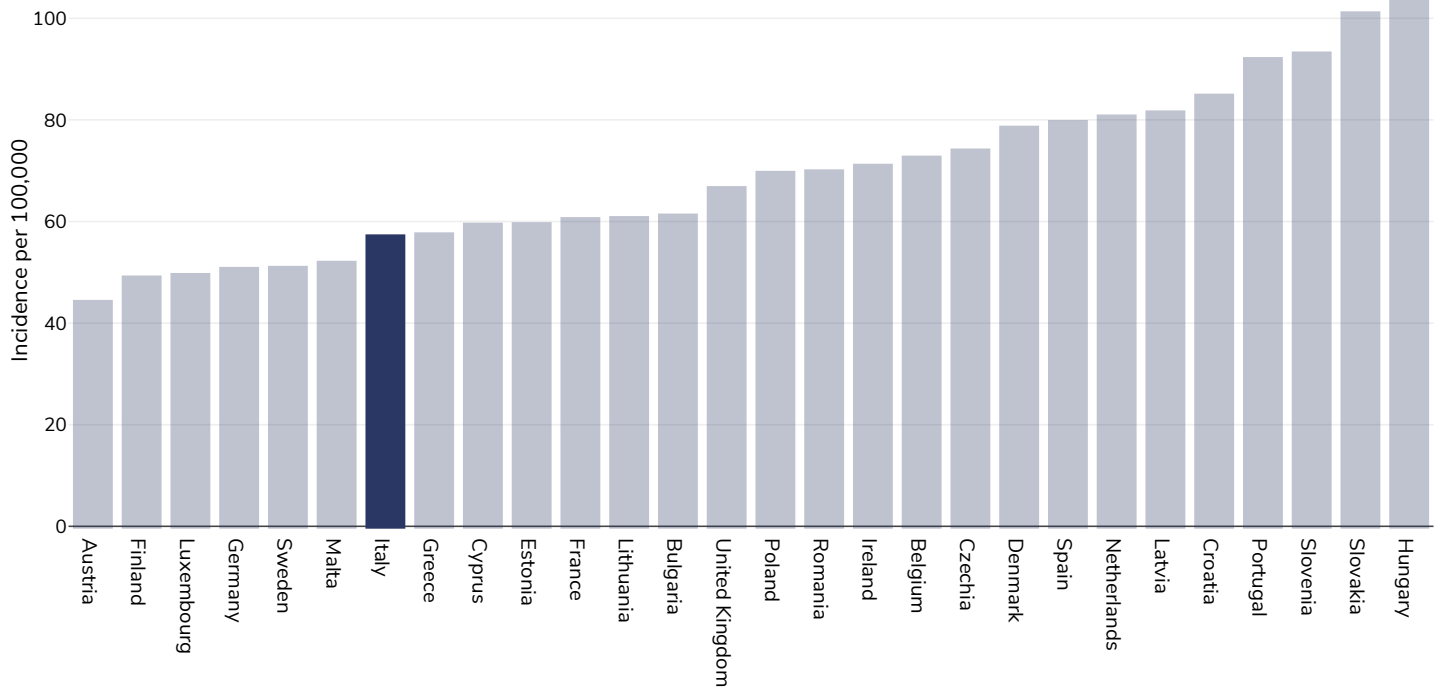
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Colorectal cancer

### Men, 2020



Age: 20+

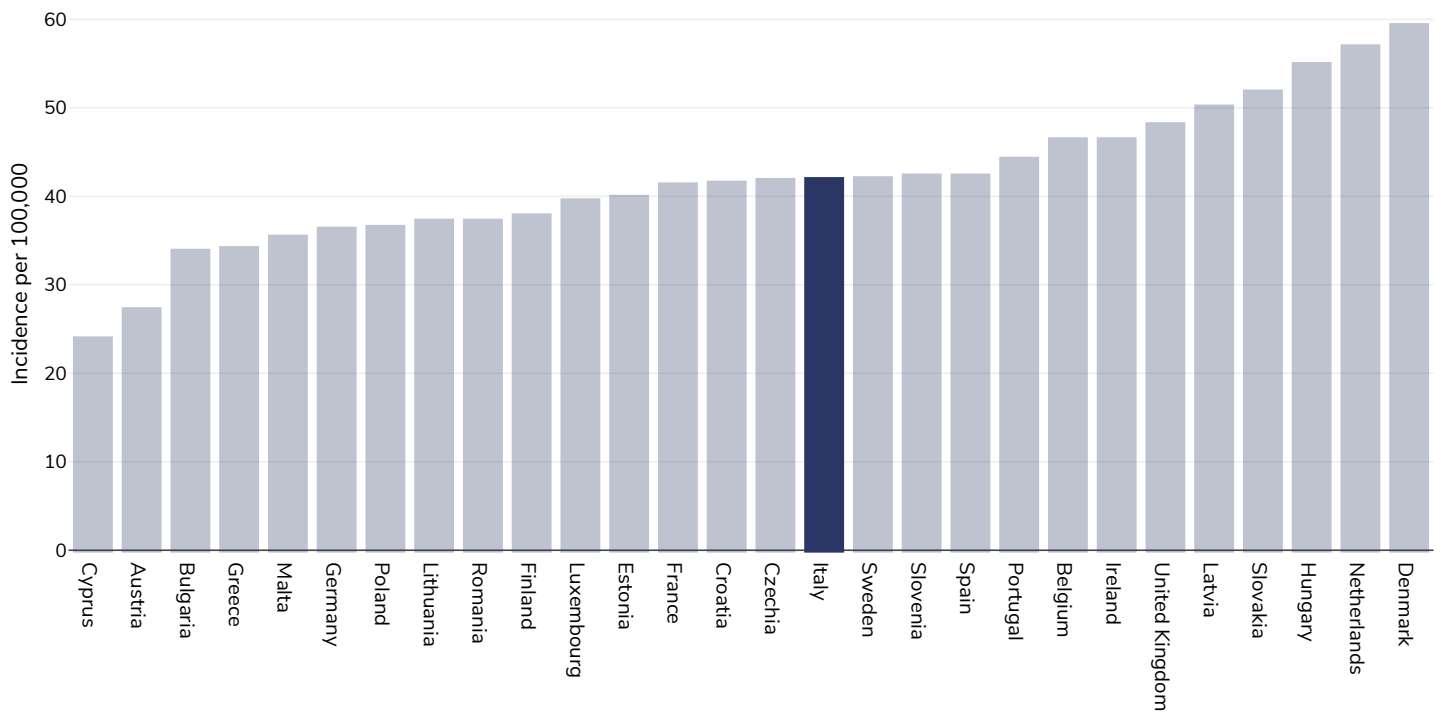
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000



## Women, 2020



Age: 20+

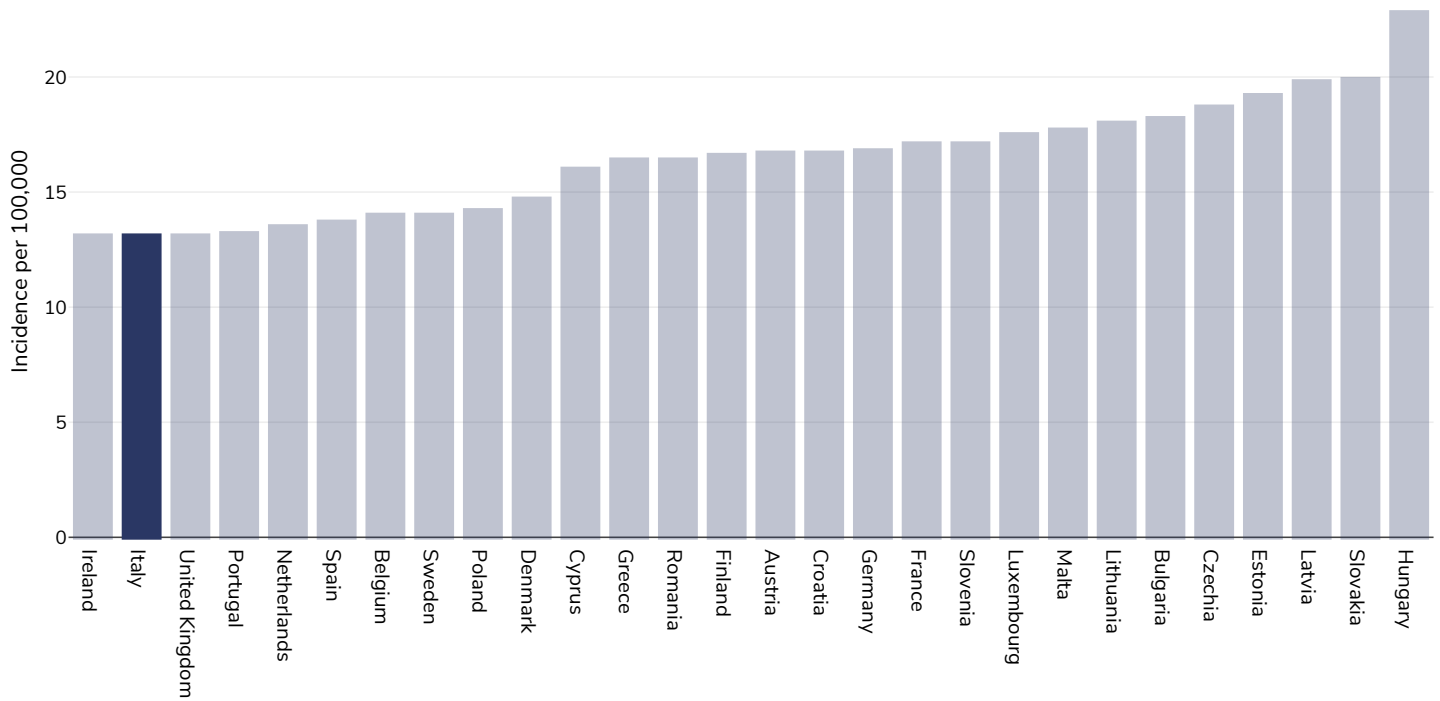
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Pancreatic cancer

Men, 2020



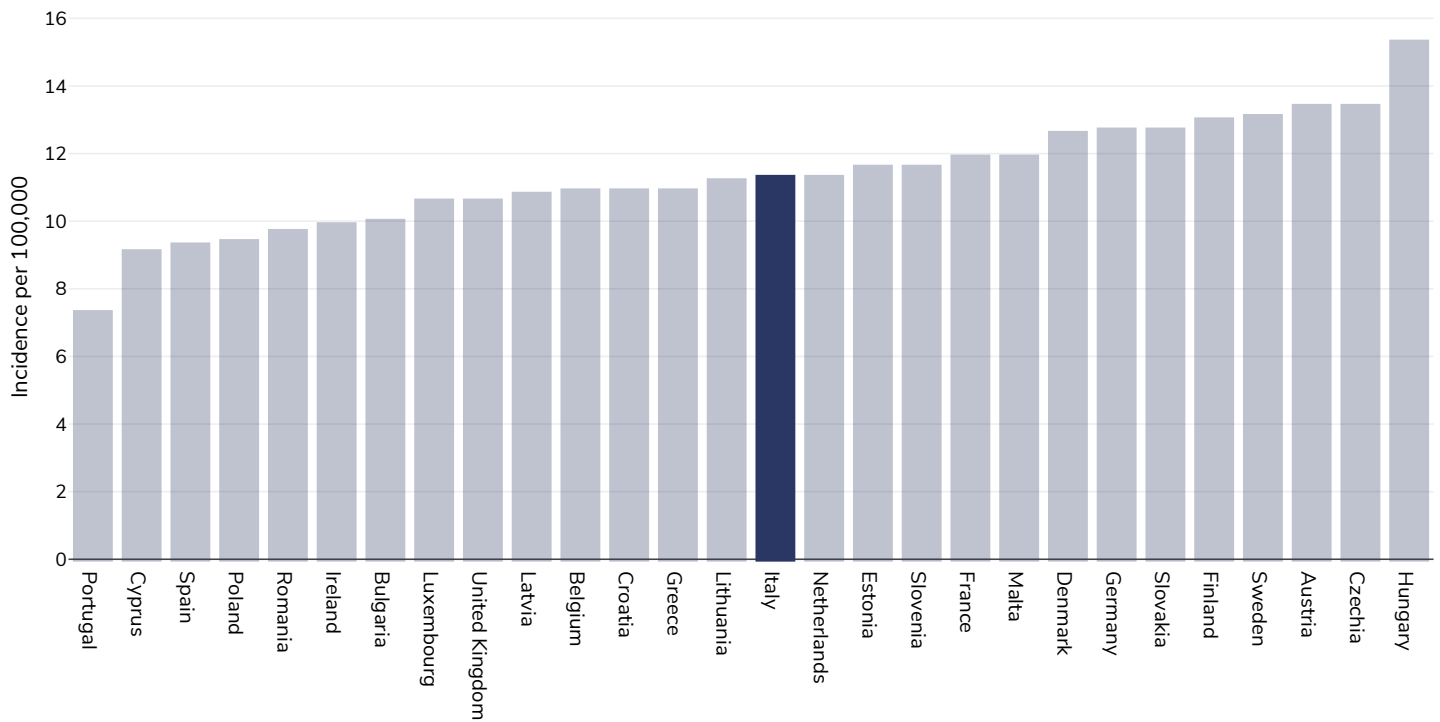
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

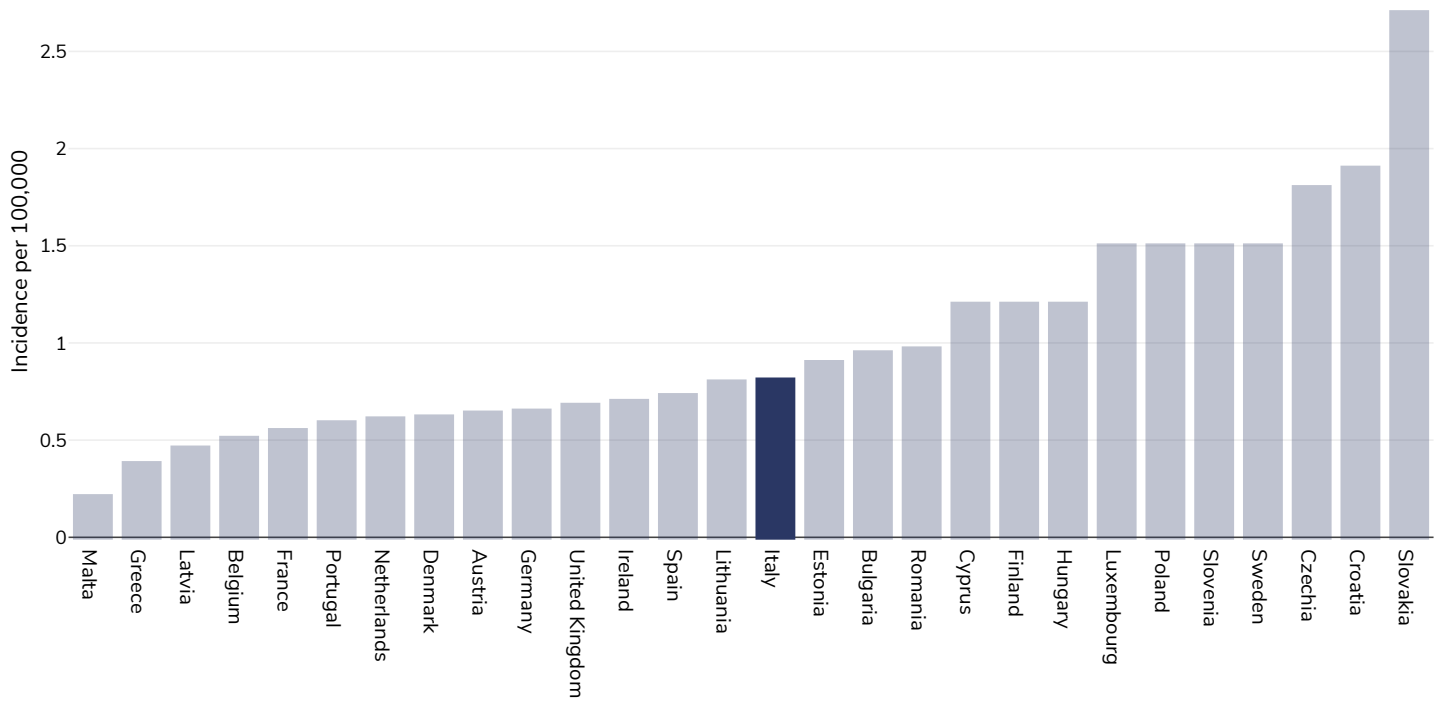
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Gallbladder cancer

### Men, 2020



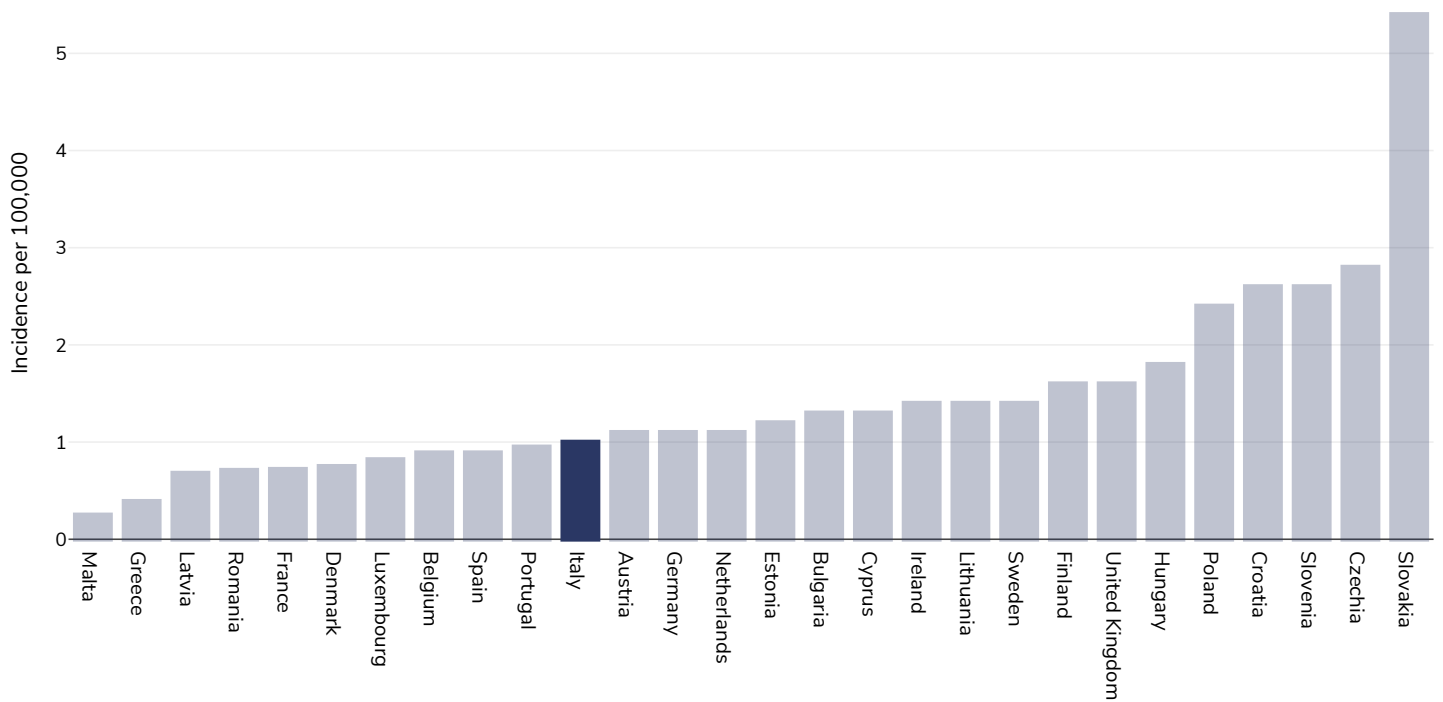
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

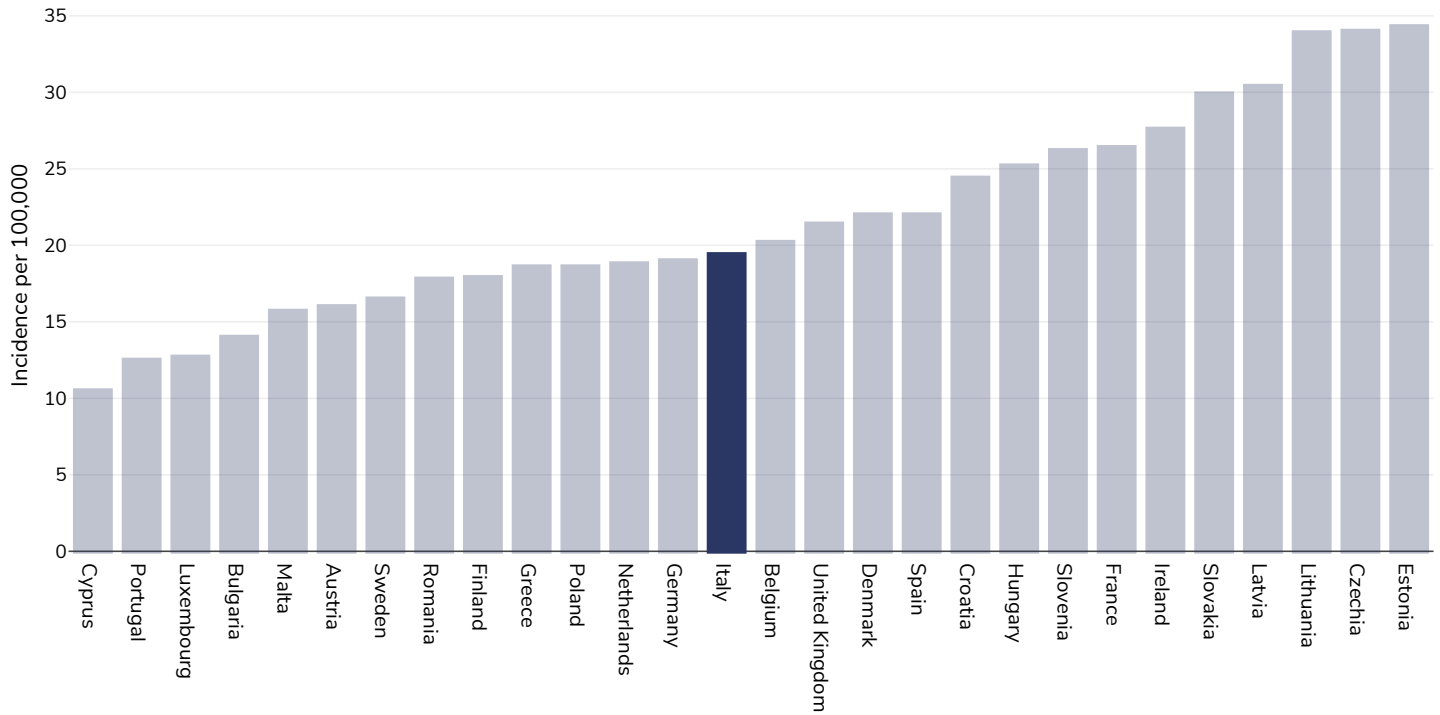
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Kidney cancer

### Men, 2020



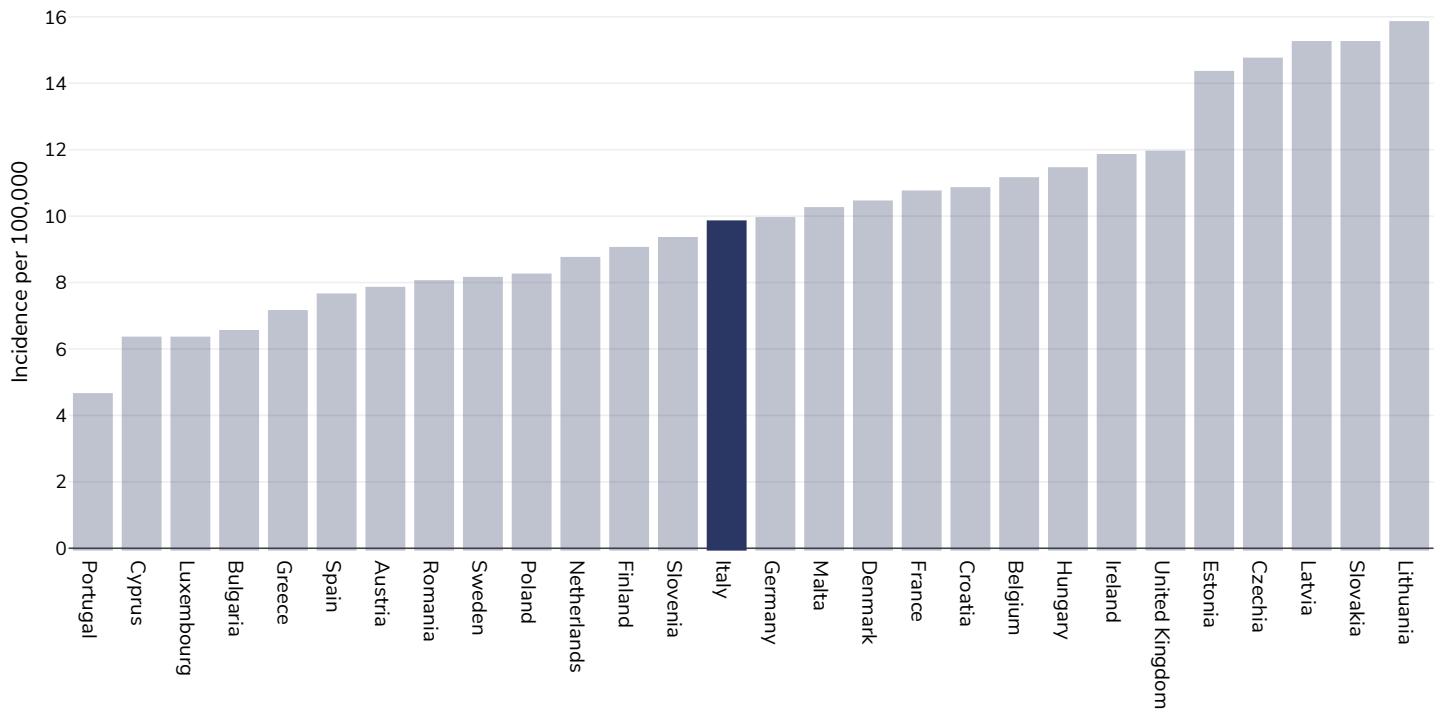
Age: 20+

Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Women, 2020



Age: 20+

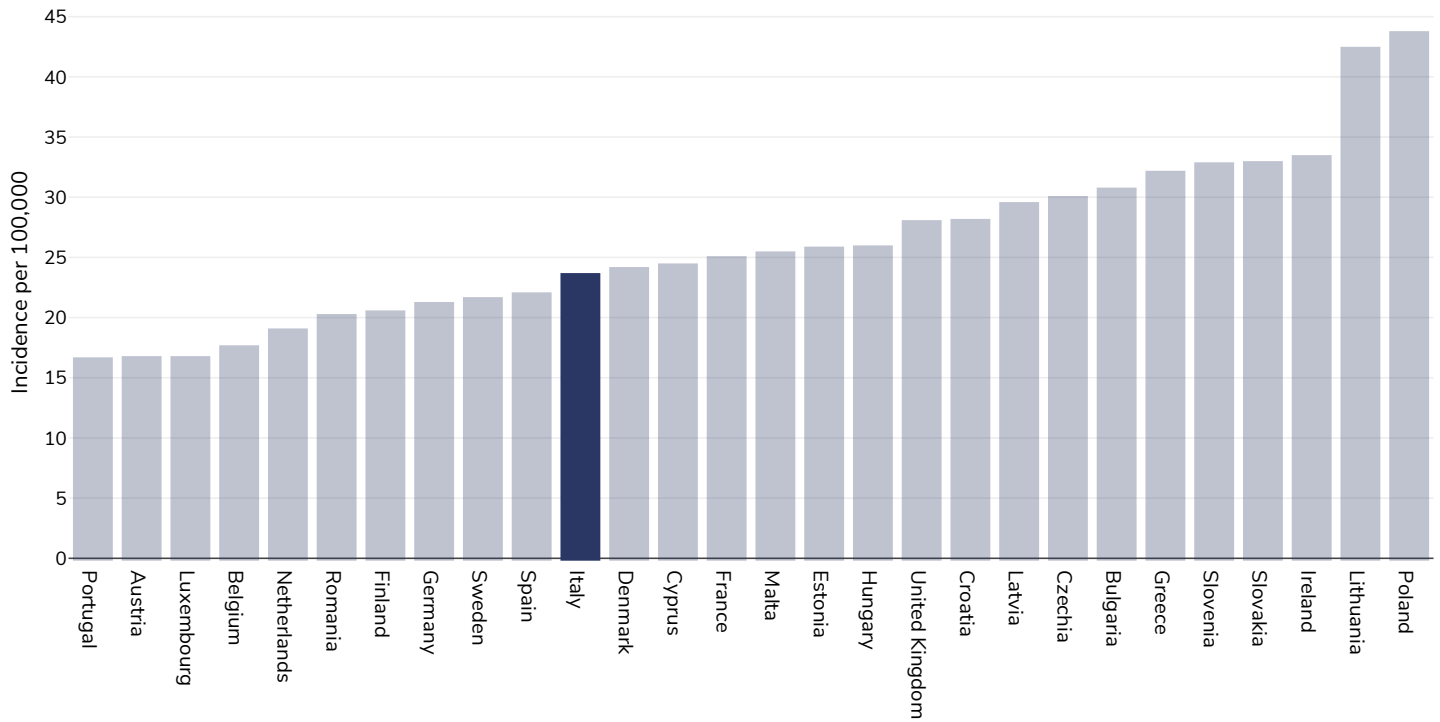
Area covered: National

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000

## Cancer of the uterus

### Women, 2020



Age: 20+

Area covered: National

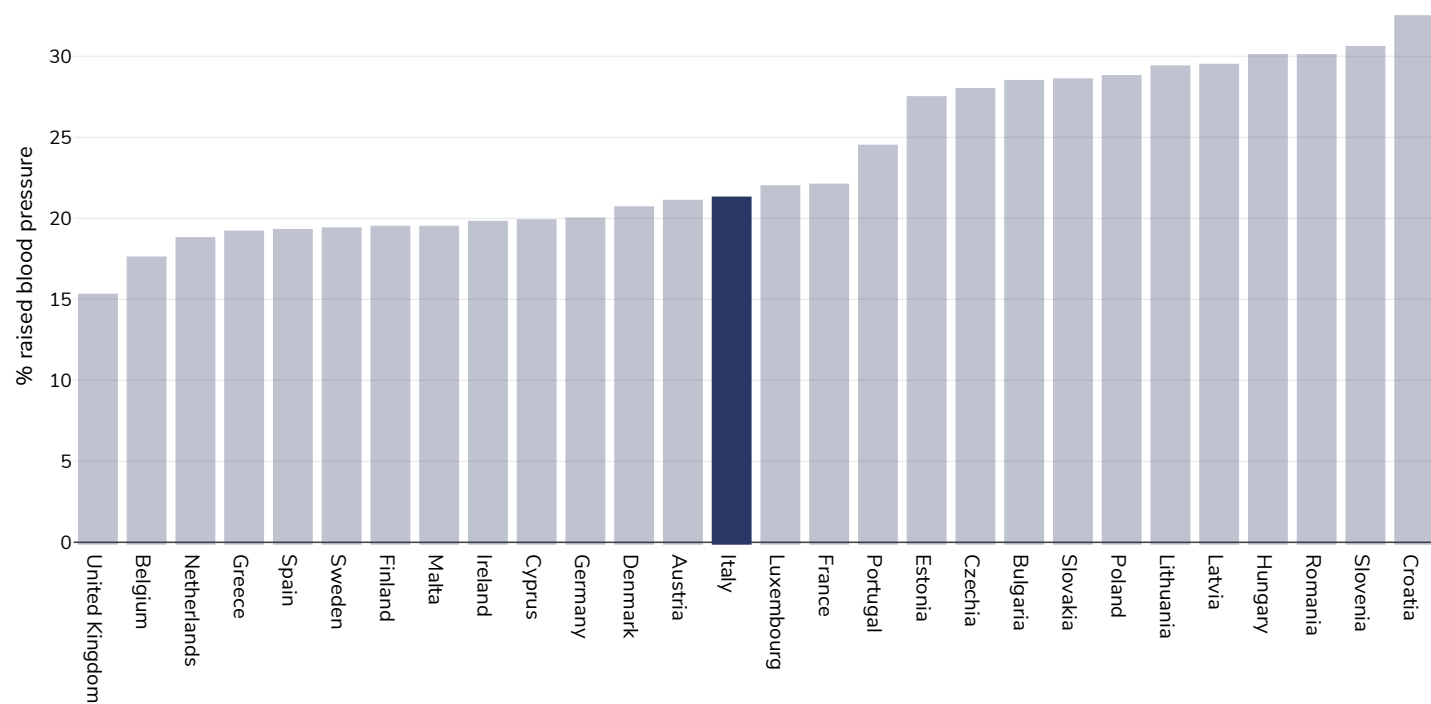
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: <https://gco.iarc.fr/today>, accessed 10.01.2191

Definitions: Age-standardized incidence rates per 100 000



## Raised blood pressure

### Adults, 2015



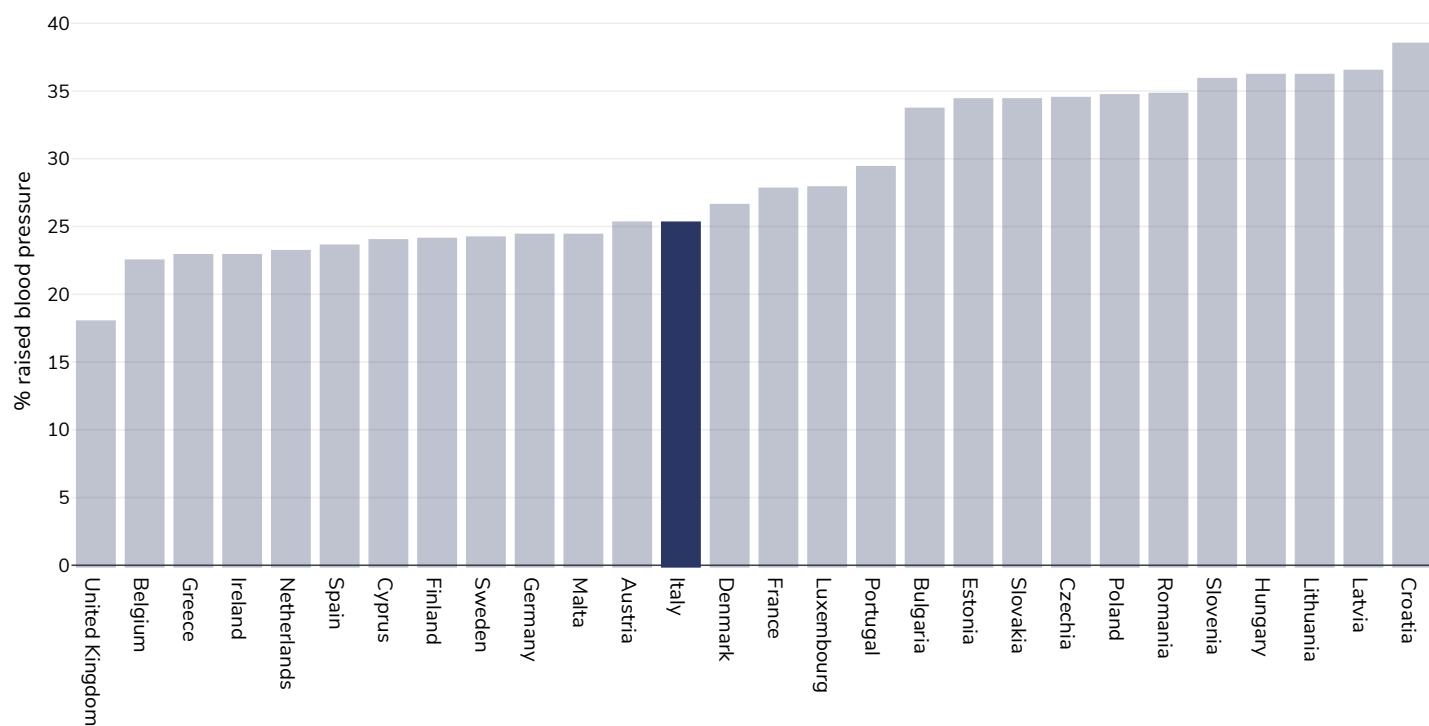
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Men, 2015



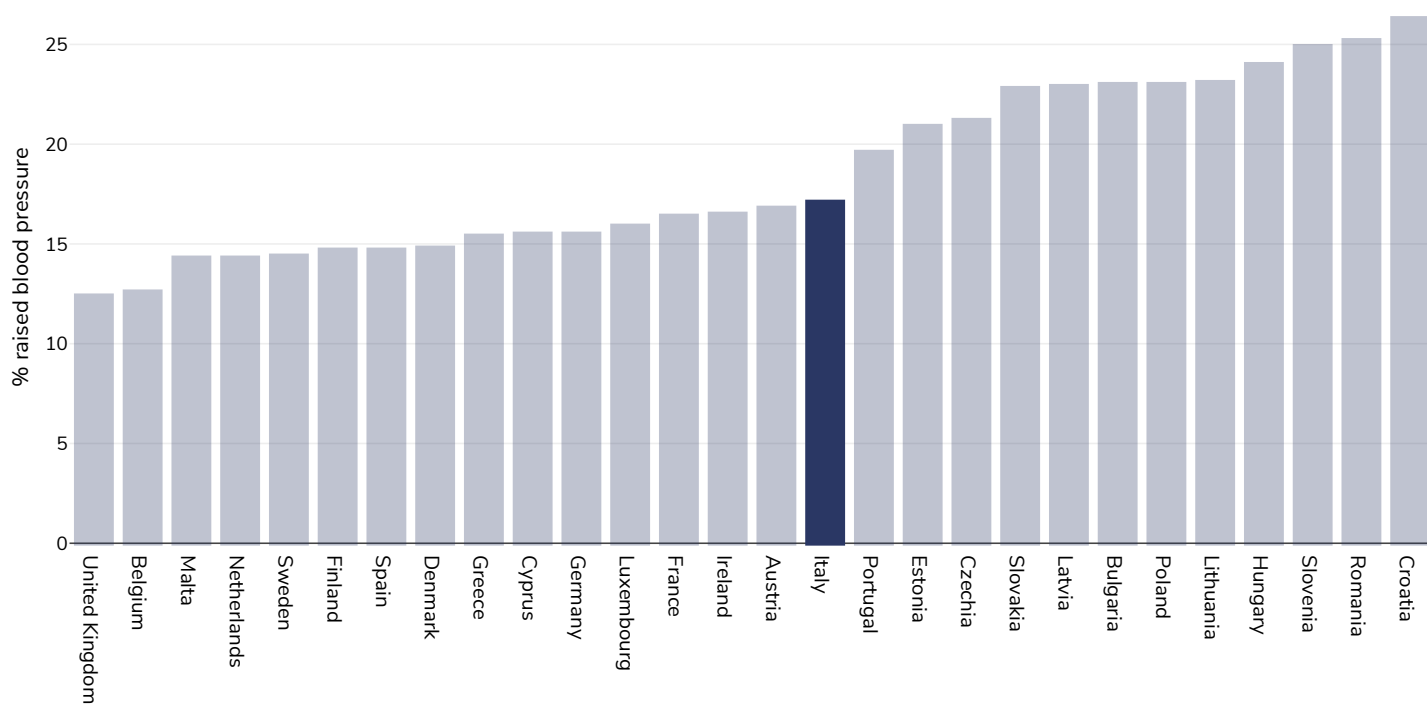
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Women, 2015



References:

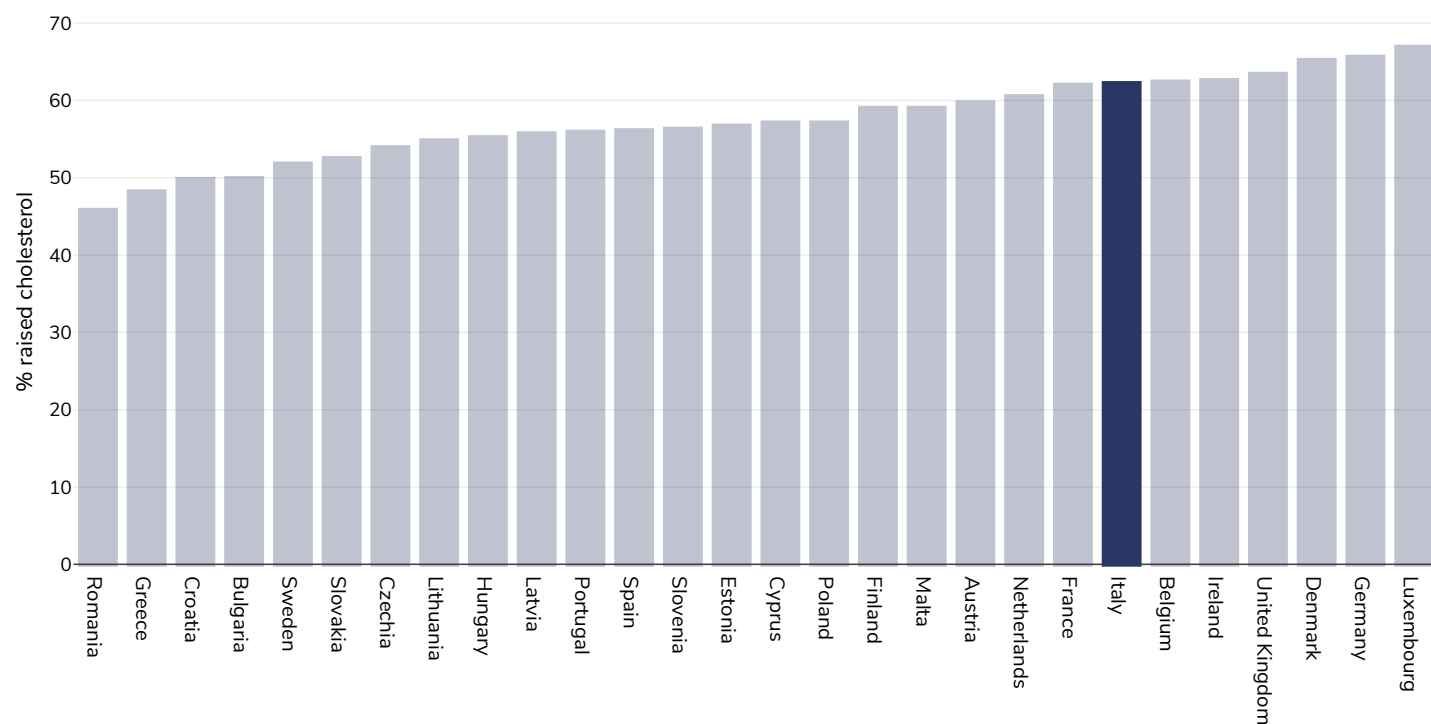
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A875?lang=en>

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP $\geq$ 140 OR DBP $\geq$ 90).

## Raised cholesterol

### Adults, 2008



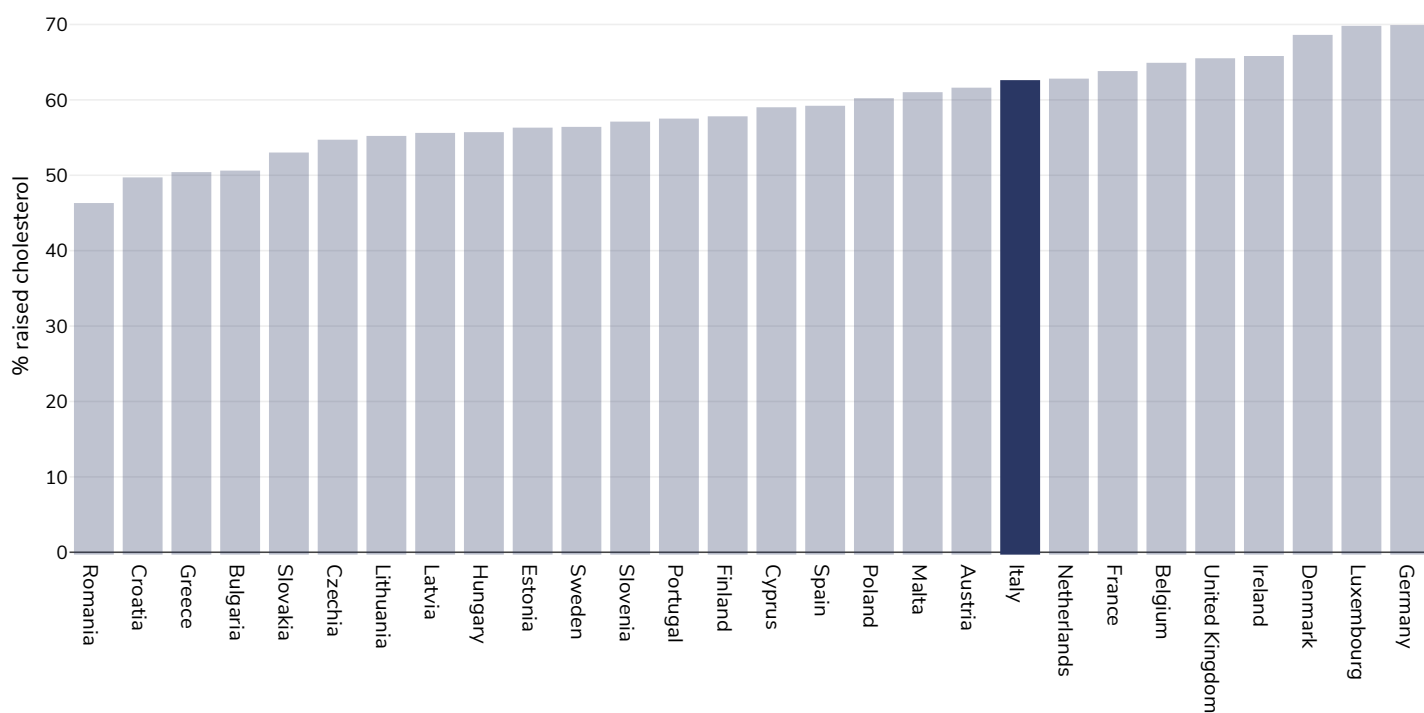
References:

Global Health Observatory data repository, World Health Organisation, <http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Men, 2008



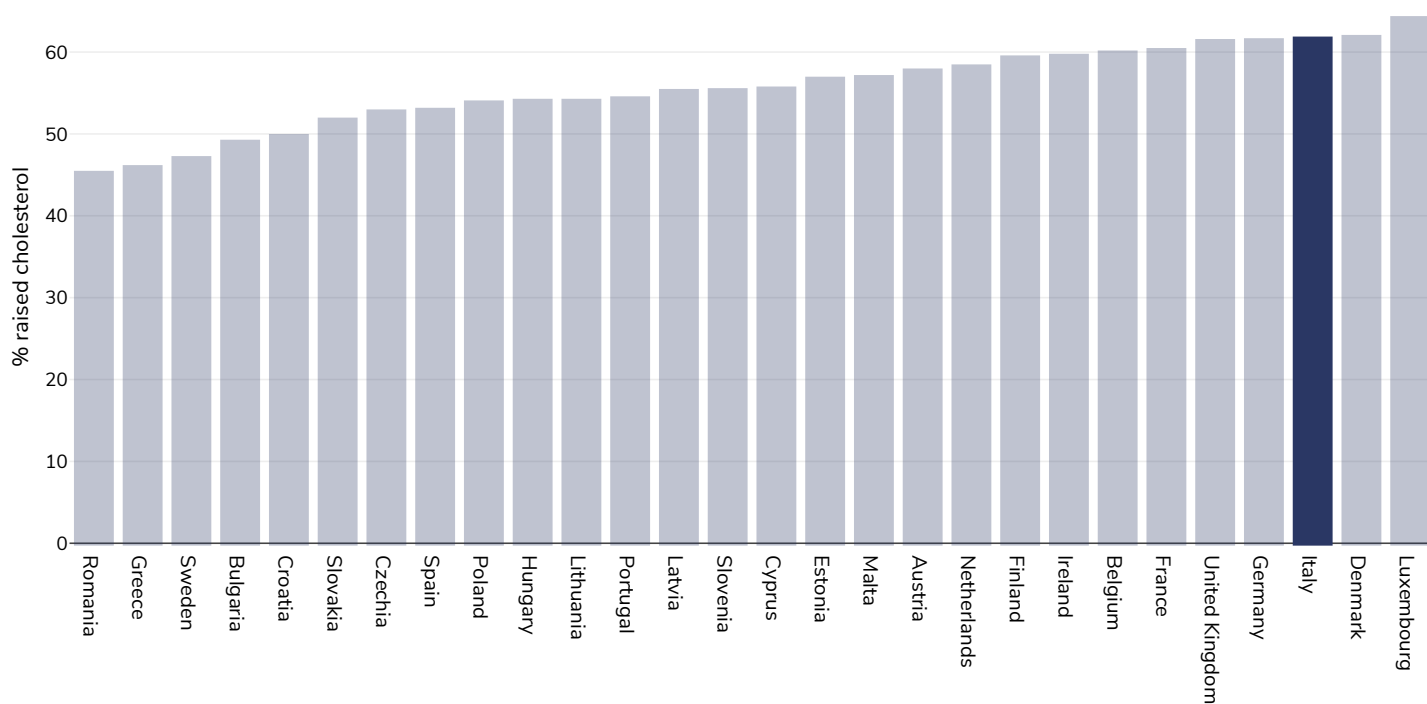
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Women, 2008



References:

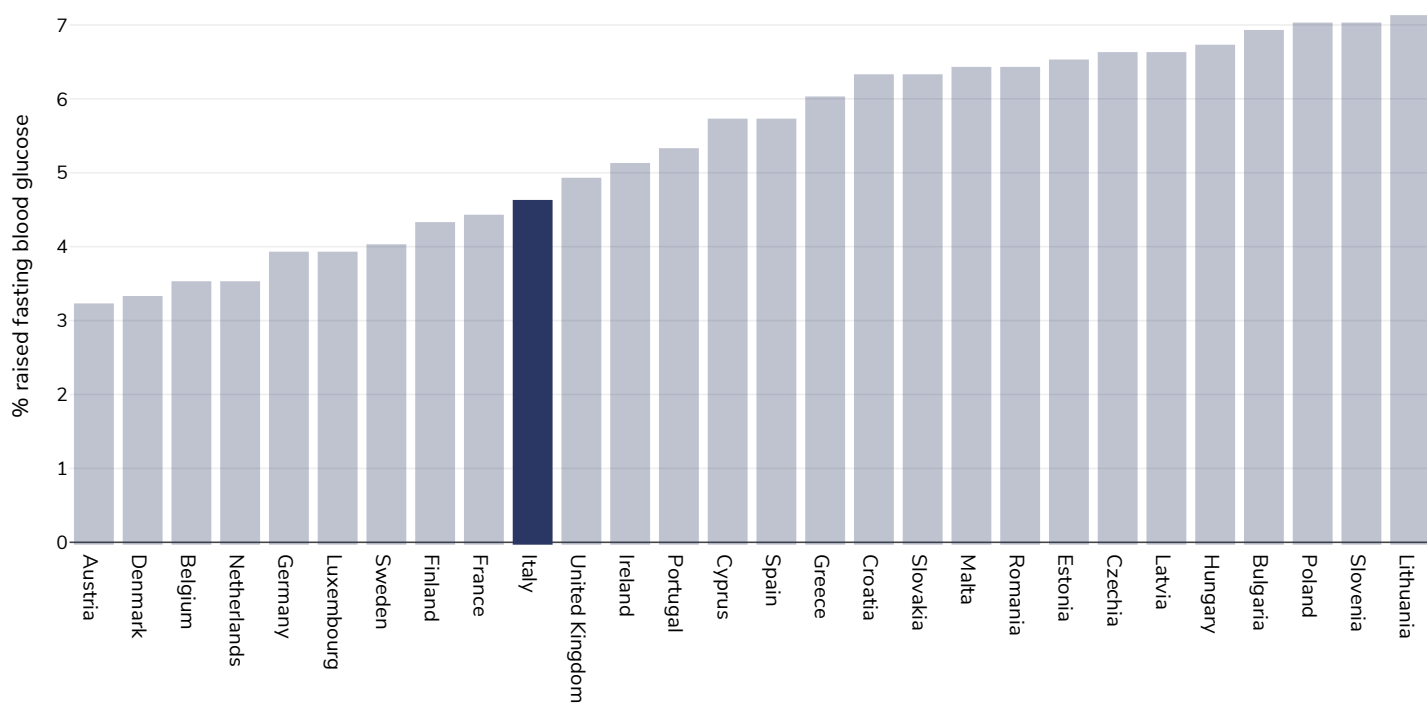
Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A885>

Definitions:

% Raised total cholesterol ( $\geq 5.0$  mmol/L) (age-standardized estimate).

## Raised fasting blood glucose

### Men, 2014



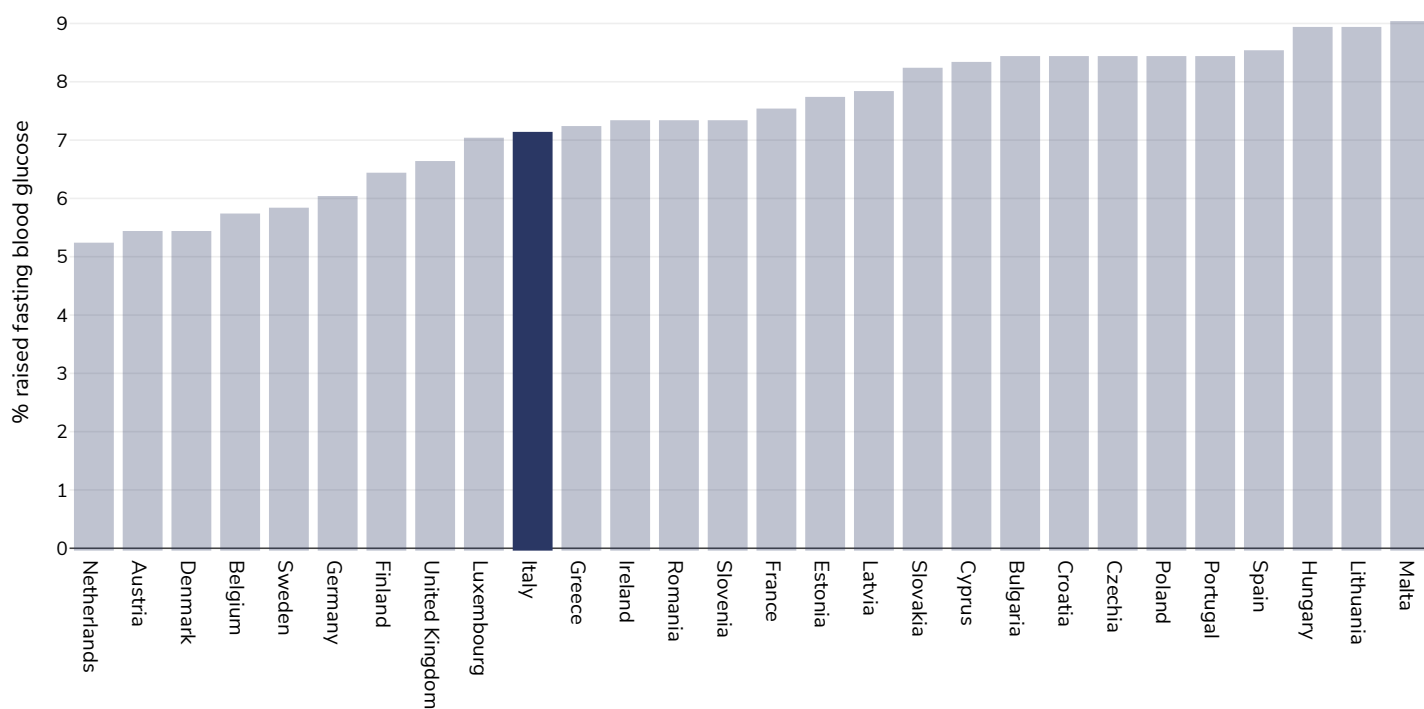
References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).

## Women, 2014



References:

Global Health Observatory data repository, World Health Organisation,  
<http://apps.who.int/gho/data/node.main.A869?lang=en>

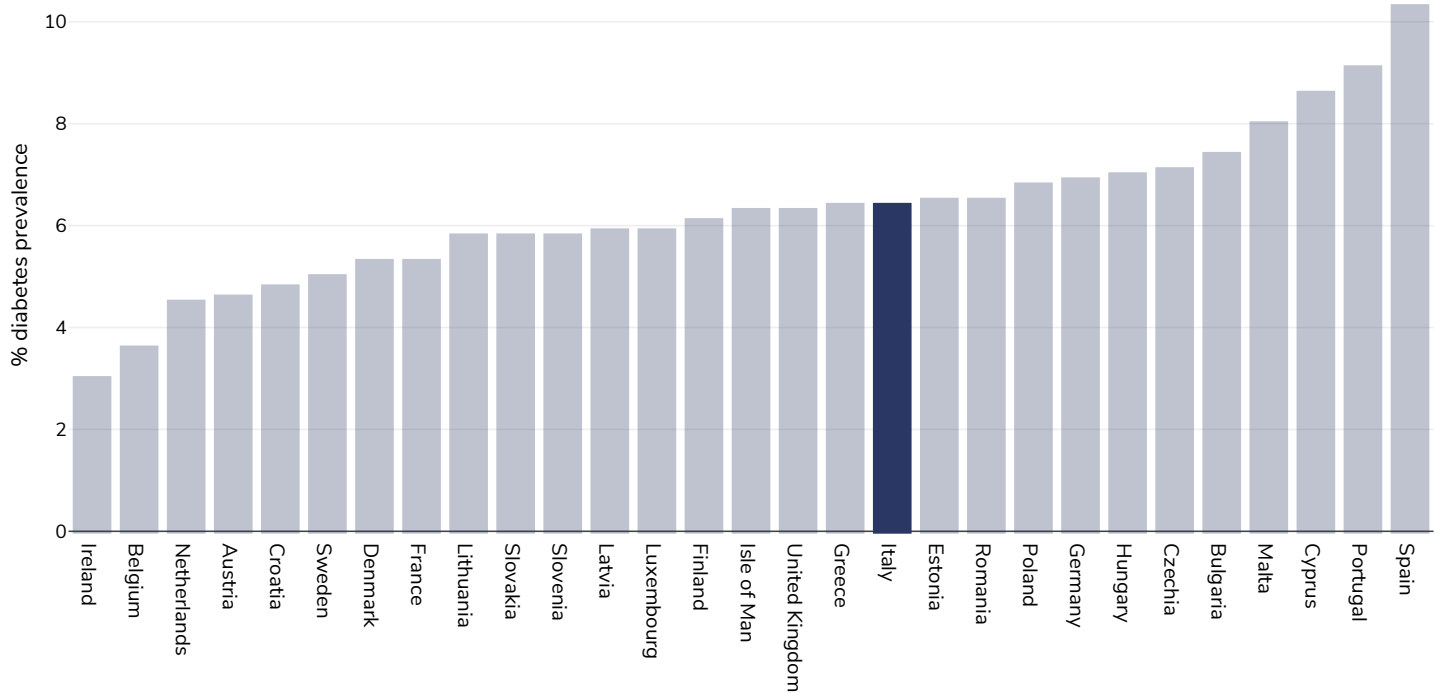
Definitions:

Age Standardised % raised fasting blood glucose ( $\geq 7.0$  mmol/L or on medication).



## Diabetes prevalence

### Adults, 2021



Age: 20-79

Area covered: National

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. <http://www.diabetesatlas.org>

Definitions: Age-adjusted comparative prevalence of diabetes, %

## Contextual factors

**Disclaimer:** These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



### Labelling

|  |  |
|--|--|
| <b>Is there mandatory nutrition labelling?</b> |  |
| Front-of-package labelling?                    |  |
| Back-of-pack nutrition declaration?            |  |
| Color coding?                                  |  |
| Warning label?                                 |  |



## Regulation and marketing

|   |          |
|---|----------|
| <b>Are there fiscal policies on unhealthy products?</b>   | <b>✗</b> |
| Tax on unhealthy foods?   | ✗        |
| Tax on unhealthy drinks?  | ✗        |
| <b>Are there fiscal policies on healthy products?</b>   | <b>✗</b> |
| Subsidy on fruits?  | ✗        |
| Subsidy on vegetables?  | ✗        |
| Subsidy on other healthy products?  | ✗        |
| <b>Mandatory limit or ban of trans fat (all settings)?</b>  | <b>✓</b> |
| Mandatory limit of trans fats in place (all settings)?  | ✓        |
| Ban on trans-fats or phos in place (all settings)?  | ✗        |
| <b>Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?</b> | <b>✗</b> |
| Mandatory restriction on broadcast media?   | ✗        |
| Mandatory restriction on non-broadcast media?   | ✗        |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?                      | ✓        |
| <b>Are there mandatory standards for food in schools?</b>   | <b>✗</b> |
| <b>Are there any mandatory nutrient limits in any manufactured food products?</b>                                     | <b>✗</b> |
| <b>Nutrition standards for public sector procurement?</b>   | <b>✗</b> |



## Political will and support

|   |   |
|---|---|
| National obesity strategy or nutrition and physical activity national strategy? | ✓ |
| National obesity strategy?  | ✓ |
| National childhood obesity strategy?  | ✗ |
| Comprehensive nutrition strategy?   | ✓ |
| Comprehensive physical activity strategy?                                       | ✓ |
| Evidence-based dietary guidelines and/or RDAs?                                  | ✓ |
| National target(s) on reducing obesity?   | ✗ |
| Guidelines/policy on obesity treatment?   | ✓ |
| Promotion of breastfeeding?   | ✓ |



## Monitoring and surveillance

|  |   |
|--|---|
| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ✓ |
| Within 5 years?  | ✓ |



## Governance and resource

|   |   |
|---|---|
| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ✗ |
|---|---|

### Key

Present
 Present (voluntary)
 Incoming
 Absent
 Unknown

Last updated September 13, 2022

PDF created on May 7, 2024